

# express

[www.expressnightout.com](http://www.expressnightout.com)

**Tuesday**



MATT MCCLAIN/FTWP

**MAYORAL SCANDAL**

**Gray's former aide**

will admit to illegal campaign donations **11**

**SPYCAMS SENTENCE**

**Ex-Rutgers student**

gets 30 days for spying on his gay roommate **4**



**WICKET COOL**

**Cricket gains fans**

in U.S. after years of toiling in obscurity **14**



**80 | 65**



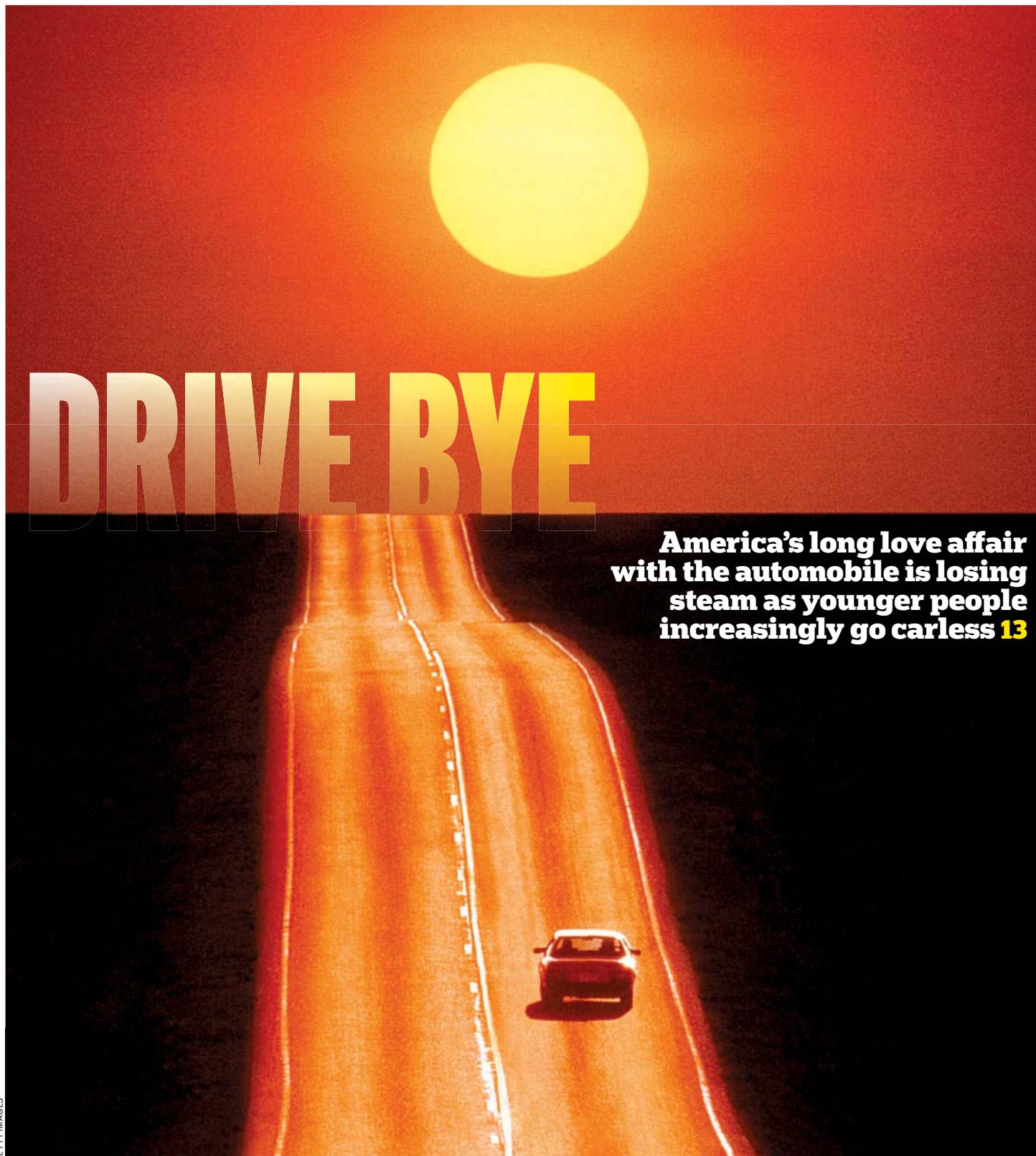
GETTY IMAGES

FOR EXTENDED FORECAST, SEE PAGE 33

MAY 22, 2012 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

## DRIVE BYE

**America's long love affair with the automobile is losing steam as younger people increasingly go carless **13****



**LIPOSUCTION-TUMMYTUCK.COM**  
Unwanted Fat Removed Permanently!  
FREE Diet Management  
FREE B12 Shots  
0 Down, 0 Interest 100% Financing  
Good Credit/Bad Credit  
No Credit Check/Guaranteed Financing  
Payment plans

**vita**  
SURGICAL GROUP  
[www.vitasurgical.com](http://www.vitasurgical.com)  
202.452.1332 24th and I St., NW  
703.533.1025 Tyson's Corner  
703.465.0666 Alexandria  
301.738.6766 Bethesda  
410.730.7226 Columbia/Baltimore  
301.738.6766 Oxon Hill

**SPECIAL ENDS SOON!**



eye openers

## UNSELLABLE

**1-800-Flowers Meets Its Match**

A rare rain forest plant that's known as a "corpse flower" is almost ready to make its presence known at a greenhouse on the Ohio State University campus. The 5-foot-tall plant that smells like rotting flesh is expected to bloom in the next few days. The bloom lasts only a couple of days. The greenhouse has been giving daily updates on its website and will be open to visitors for those who want to see and smell the plant. (AP)

**"Who robs something with underwear on their head?"**

— JASON WILSON, OWNER OF BIG START COFFEE IN FRUITLAND, IDAHO, AFTER HIS SHOP WAS HELD UP AND ROBBED BY TWO MEN, ONE OF WHOM WORE A PAIR OF BRIEFS ON HIS HEAD. THE MEN STOLE ABOUT \$500. (AP)

## CONFUSION

**Man Ashamed to Admit New Facebook Design Baffles Him**

An Indian woman is seeking to divorce her husband because he didn't change his Facebook status from single to married two months after the couple had an arranged marriage. The Deccan Chronicle reported that in court documents, the husband, a 31-year-old businessman, said updating his page had slipped his mind, but his 28-year-old wife, an IT professional, said she "couldn't trust him." A judge has told the newlyweds to undergo six months of counseling. (AP)

**The Big Picture**

MICHAEL CHOW/THE ARIZONA REPUBLIC/AP



**"IS IT THE RAPTURE YET?"**: Hikers watch an annular eclipse Sunday from Papago Park in Phoenix. The annular eclipse, in which the moon passes in front of the sun leaving only a golden ring around its edges, was visible from wide areas across China and Japan, and later it could be seen in parts of the western U.S. (AP)

**Look for Express on the 4th of July!****The Independence Day special edition of Express—**

our first ever—will serve as your complete guide to all the day's festivities in and around D.C.

**Don't miss out!** Pick up your copy from our hawkers at the Metro on Tuesday, July 3 (afternoon) and Wednesday, July 4 (morning).

To advertise in Express, call 202-334-6732 **express**

# NATO Firms Up Afghan Exit Plan

U.S., global leaders to finish complicated mission by end of '14

## Chicago

President Obama and leaders around the globe locked down an exit path from the war in Afghanistan, affirming Monday that they will close the largely stalemated conflict at the end of 2014, a strategy that means their troops will still be fighting and dying for another two-plus years.

Gathered in Obama's hometown, the sprawling coalition of 50 NATO members and allies declared an "irreversible transition" that will put Afghan forces in the lead of the combat mission by the middle of next year.

Even in a backup role, though, the U.S. forces and all the rest will still face combat and attacks until the war's end. In essence, the partners, led by Obama, are staying the course, sticking with a timeline long established and underscoring that there will be no second-guessing the decision to leave.



President Obama speaks Monday after the NATO summit concluded in Chicago.

Since 2010, they have been planning to finish the war at the end of 2014, even as moves by nations such as France to pull combat troops out early has tested the strength of the coalition. The shift to have Afghan forces take the lead of the combat mission next year has also been expected. Leaders presented it as a significant turning point in the war.

It will be "the moment when

throughout Afghanistan people can look out and see their own troops and police stepping up to the challenge," said the NATO chief, Secretary General Anders Fogh Rasmussen.

What the world is poised to leave behind is an Afghanistan still riddled with poverty, corruption and political instability. Yet, out of money and patience, the U.S.-led partnership said it is confident

## Meanwhile ...

In an unmistakable snub, President Obama left Pakistan off a list of nations he thanked Monday for help getting war supplies into Afghanistan. Pakistan was invited to the summit Sunday and Monday because of its influence in next-door Afghanistan and its role until last year as the major supply route to landlocked NATO forces there. Pakistan closed those routes after a U.S. attack on the Pakistani side of the border killed 24 Pakistani soldiers. (AP)

Afghanistan will be stable and prepared enough to at least be able to protect itself — and, in turn, prevent its territory from becoming a launching pad for international terrorism.

It is time, Obama said, to "responsibly bring this war to an end."

NATO said it will keep providing "long-term political and practical support" to Afghanistan after 2014, but added: "This will not be a combat mission." ANNE GEARAN AND BEN FELLER (AP)

## In Brief

### GREENSBORO, N.C.

#### Edwards' Trial Jury Asks To See More Evidence

The jury deciding the fate of John Edwards in North Carolina has asked to see more evidence exhibits. The former presidential candidate faces 30 years in prison after pleading not guilty to six campaign finance corruption charges. The jury began considering its decision Friday. (AP)

### BOSTON

#### High Court Won't Reduce Student's Download Fine



Former Boston University student Joel Tenenbaum, who was ordered to pay \$675,000 for illegally downloading and sharing 30 songs on

the Internet, says he will continue fighting the penalty, despite the U.S. Supreme Court's refusal Monday to hear his appeal. (AP)

### SAN JOSE, CALIF.

#### Facebook Shares Slump

On its second day of trading, Facebook shares opened Monday at \$36.53, but that price immediately dropped to below \$36; in the first 30 minutes of trading, shares sold for as low as \$33. Facebook stock closed at \$34.03, 11 percent off Friday's closing price. (AP)



**Off-Message:** Add Newark Mayor Cory Booker to the list of people who speak for the presidential candidates, and then veer wildly off message. Booker on Sunday criticized President Obama's campaign for attacking Republican Mitt Romney's tenure at a private equity firm. Late Sunday, he released a YouTube video clarifying his stance. Booker's comment raised questions over whether campaigns should be held responsible for what their supporters say or do. (AP)

## Find the Best Local Jobs



**dcjobs.com**  
Live here. Work here.™

Visit our website for job fairs, job tips, and podcasts.





You're needed for **RESEARCH STUDIES** if you use **MARIJUANA** and are **18–65** years old.

These studies may help us figure out how marijuana affects the body, the brain, and behavior.

- Participants are paid for time and travel
- No cost to participate
- Studies take place in east Baltimore

**WE  
NEED  
YOU**

Call today for a confidential screening.

**1-800-535-8254**

[www.ResearchStudies.DrugAbuse.gov](http://www.ResearchStudies.DrugAbuse.gov)



*Take your career to the next level.*

The University of Maryland's new Masters in Applied Economics will give you a professional advantage: a solid background in evidence-based quantitative analysis and evaluation for policy decisions.

Designed for working professionals, this 10-course, 30-credit program can be completed in as little as 15 months. Evening classes will be held at the Ronald Reagan Building in downtown DC. Classes begin this fall. Application deadline is June 1.

*Attend an Information Session*

May 23 at 6:30 pm at the Ronald Reagan Building.  
RSVP at [masters.econ.umd.edu](http://masters.econ.umd.edu)

**MASTERS IN  
APPLIED ECONOMICS**

## Nation

# Ex-Rutgers Student Sentenced

Judge orders 30 days for using a webcam to spy on roommate

**New Brunswick, N.J.**

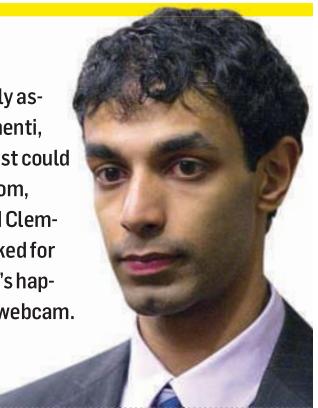
A former Rutgers University student who used a webcam to spy on his gay roommate was sentenced Monday to 30 days in jail — a punishment that disappointed some activists but came as a relief to others who feared he would be made a scapegoat for his fellow freshman's suicide.

Dharun Ravi, 20, could have gotten 10 years behind bars for his part in a case that burst onto the front pages after Tyler Clementi threw himself to his death off the George Washington Bridge.

Instead, Superior Court Judge Glenn Berman gave Ravi a month in jail, placed him on three years' probation and ordered him to get

### Backstory ...

In September 2010 Dharum Ravi's randomly assigned freshman-year roommate, Tyler Clementi, asked for the room alone so that he and a guest could have privacy. Ravi, right, went to a friend's room, turned on his webcam remotely and watched Clementi and his guest kissing. When Clementi asked for privacy two days later, Ravi texted friends "it's happening again" and told them to watch via his webcam. The next night, Clementi — who learned he'd been spied on — committed suicide. (AP)



counseling and pay \$10,000 toward a program that assists victims of hate crimes.

"Our society has every right to expect zero tolerance for intolerance," the judge said.

The tear-filled sentencing touched on many of the issues that made the case heart-wrenching and legally complicated: anti-gay bullying, teen suicide, hate-crime laws in the fast-changing Internet age, and

the uses and abuses of technology in the hands of young people.

Ravi did not speak in court but shed tears as his mother pleaded with the judge not to send him to prison. Prosecutor Bruce Kaplan said the 30-day sentence is too short and that prosecutors will appeal it.

Clementi's father, Joe Clementi, told the judge that Ravi deserved to be punished. GEOFF MULVIHILL (AP)



**FOX | MSFA-RM**  
Financial Analysis and Risk Management

### EXPERIENCE THE POWER OF NUMBERS

Fox Professional Master of Financial Analysis and Risk Management students fuel their job search by completing **Chartered Financial Analyst (CFA)** and **Financial Risk Management (FRM)** exams.

[www.fox.temple.edu/msfarm](http://www.fox.temple.edu/msfarm)  
215-204-5890

### DISCOVER THE POWER OF FOX

Through the Yellow Ribbon Program, Temple University and the Fox School of Business offer tuition reimbursement to eligible military personnel and veterans.

**Fox School of Business**  
TEMPLE UNIVERSITY®

# Nation

# Pentagon's Drone Attacks Role Cut

Counterterror chief to determine which terrorists are targets

## Washington

White House counterterror chief John Brennan has seized the lead in choosing which terrorists will be targeted for drone attacks or raids, establishing a new procedure for both military and CIA targets.

The effort concentrates power over the use of lethal U.S. force outside war zones within one small team at the White House.

The process, which is about a month old, means Brennan's staff consults with the State Department and other agencies as to who should go on the target list, making the Pentagon's role less relevant, according to two current and three former U.S. officials aware of the evolution in how the government goes after terrorists.

In describing Brennan's arrangement, the officials provided the first detailed description of the military's previous review process that set a schedule for killing or capturing terror leaders around the Arab world and beyond. They spoke on condition of anonymity because U.S. officials are not allowed to publicly describe the classified targeting program.

One senior administration official argues that Brennan's move adds another layer of review that augments rather than detracts from the Pentagon's role. The Pentagon

### Process Concerns



**White House counterterror chief John Brennan's new role in choosing which terrorists will be targeted** gives him greater input earlier in the process, before making final recommendation to President Obama. Officials outside the White House expressed concern that drawing more of the decision-making process to Brennan's office could turn it into a pseudo military headquarters, entrusting the fate of al-Qaeda targets to a small number of senior officials. (AP)

can still carry out its own internal procedures to make recommendations to the secretary of defense, the official said.

Previously, targets were first discussed in meetings run by the chairman of the Joint Chiefs of Staff, Adm. Mike Mullen at the time, with Brennan being just one of the voices in the debate.

Shrinking the pool of people deciding who goes on the capture and kill list means fewer people to hold accountable, said Mieke Eoyang from Third Way, a centrist Democratic think tank.

"As a general principle, if people think someone is checking their work, they are more careful," Eoyang said. "Small groups can fall victim to group-think."

KIMBERLY DOZIER (AP)

### Ready to Rock (Again)

Private rocket-maker SpaceX aimed for a Tuesday liftoff after solving the engine problem that caused a launch abort over the weekend, stalling the world's first commercial space station supply flight. The California-based Space Exploration Technologies Corp., better known as SpaceX, is the first private business to attempt to launch a vessel to the International Space Station. (AP)



## Columbia Pike Transit Initiative Public Meetings

*Review and Comment on the Alternatives Analysis/Environmental Assessment*

Arlington County and Fairfax County, in cooperation with the Federal Transit Administration, have issued an Alternatives Analysis/Environmental Assessment (AA/EA) for the Columbia Pike Transit Initiative and will conduct public meetings to seek comments on the document.

**Wednesday, June 6, 2012**

**Patrick Henry Elementary School**  
(Cafeteria/Gymnasium)  
701 S. Highland Street  
Arlington, VA 22204  
7:00-9:00 p.m.

**Thursday, June 7, 2012**

**Goodwin House Baileys Crossroads**  
(Auditorium)  
3440 S. Jefferson Street  
Falls Church, VA 22041  
7:00-9:00 p.m.

Both meetings will be identical in format, so please attend the meeting most convenient for you.

Please visit [www.piketransit.com](http://www.piketransit.com) for directions.

For special assistance for persons with disabilities, please send an email to [info@piketransit.com](mailto:info@piketransit.com), or call Denise Nugent at 703-934-4639, at least 10 days prior to the meetings. A Spanish translator will be available at each meeting.

### Locations to View the AA/EA

**Arlington County Career Center**  
**Main Office**  
816 S. Walter Reed Drive  
Arlington, VA 22204

**Glencarlyn Branch Library**  
300 S. Kensington Street  
Arlington, VA 22204

**Aurora Hills Branch Library**  
735 18<sup>th</sup> Street South  
Arlington, VA 22202

**Arlington County Central Library**  
1015 N. Quincy Street  
Arlington, VA 22201

**Woodrow Wilson Library**  
6101 Knollwood Drive  
Falls Church, VA 22041

**Arlington County Dept. of Environmental Services**  
**Transportation Division**  
2100 Clarendon Boulevard, Suite 900  
Arlington, VA 22201

**Fairfax County Government Office**  
**Transportation Department**  
4050 Legato Road, 4<sup>th</sup> Floor  
Fairfax, VA 22033

**Washington Metropolitan Area Transit Authority**  
600 Fifth Street, NW, Room 6F-16  
Washington, DC 20001

**Mason District Governmental Center**  
6507 Columbia Pike  
Annandale, VA 22003

*You may also view the AA/EA at [www.piketransit.com](http://www.piketransit.com) and at the public meetings.*

### Formal Comment Period for Written Comments on AA/EA

**May 22, 2012 through June 21, 2012**

#### How Can You Comment?

- Submit a comment form at the public meetings
- Complete an online comment form at [www.piketransit.com](http://www.piketransit.com)
- Email comments to [info@piketransit.com](mailto:info@piketransit.com)
- Mail comments to Columbia Pike Transit Initiative, P.O. Box 3915, Oakton, VA 22124



*Scan the image above to view public meeting documents or visit [www.piketransit.com](http://www.piketransit.com).*

# World

## In Brief



A cheese maker in Italy surveys Parmesan cheese toppled by Sunday's quake.

**SANT'AGOSTINO  
DI FERRARA, ITALY**

### Italian Officials Inspect Area for Quake Damage

Emergency crews inspected schools, churches and other buildings Monday for damage as aftershocks rattled northern Italy, a day after a magnitude-6.0 earthquake. About 10 Parmesan aging warehouse and cheese production sites sustained damage, affecting 300,000 wheels, half of which are estimated to be at least a partial loss, officials in Italy said. (AP)

**TRIPOLI, LIBYA**

### Lockerbie Bomber Buried

The only man convicted for the 1988 Lockerbie bombing was buried Monday with little fanfare near the Libyan capital with just under 100 family members and passers-by in attendance. Abdel Baset al-Megrahi died of cancer Sunday at 60. The attack that blew up Pan Am Flight 103 over Scotland claimed the lives of 270 people. (AP)

# 12.5K

The number of police officers Britain plans to deploy during this summer's Olympic Games after facing sharp criticism for a lack of manpower and slow response to last year's British riots, officials said Monday. (AP)

# Blast Kills 96 Troops in Yemen

Al-Qaeda bombing emphasizes nation's political instability

### Sanaa, Yemen

A Yemeni soldier detonated a bomb hidden in his military uniform during a rehearsal for a military parade, killing 96 fellow soldiers and wounding at least 200 on Monday in one of the deadliest attacks in the capital in years.

Al-Qaeda's branch in Yemen claimed responsibility, saying in an emailed statement that the suicide attack was intended to avenge a U.S.-backed offensive against al-Qaeda in a swath of southern Yemen seized by the militant movement last year.

The bombing left a scene of carnage, with scores of bleeding soldiers lying on the ground as ambulances rushed to the scene.

Al-Qaeda said the bomber was targeting Yemen's defense minister, Maj. Gen. Mohammed Nassir Ahmed, who had arrived at the heavily secured city square to greet



Inspectors gather evidence from the site of a deadly blast Monday in Sanaa, Yemen.

the assembled troops just minutes before the blast ripped through the area. He was unhurt.

Military officials said the bomber belonged to the Central Security, a paramilitary force. Khaled Ali, a soldier, said the explosion was followed by heavy gunfire.

"In the mayhem, we were all running in all directions. I saw the guards of the minister surrounding him and forming a human

**"The place turned into hell. I thought this only happens in movies."**

— AHMED SOBHI, ONE OF THE SOLDIERS WHO WITNESSED MONDAY'S SUICIDE BOMBING IN SANAA, YEMEN.

cordon. They were firing in the air," he said.

A statement in Yemeni Presi-

### Fighting for Control



Monday's bombing in Yemen comes as Yemeni President Abed Rabbo Mansour Hadi, shown, has

been pressing ahead on two difficult fronts—battling al-Qaeda in the south and purging loyalists of ousted leader Ali Abdullah Saleh from top posts. Saleh stepped down in February as part of a U.S.-backed, power-transfer deal brokered by Gulf Arab countries aimed at ending political unrest in the country after a yearlong uprising. (AP)

dent Abed Rabbo Mansour Hadi's name read on state TV said, "The war on terrorism will continue until we win, whatever the sacrifices are."

"We are speeding up the restructuring of the army to bring back stability to the country, which was on a brink of all-out war," the statement said. AHMED AL-HAJ AND MAGGIE MICHAEL (AP)

# Strauss-Kahn Investigated for Claims of Rape in D.C.

### Paris

A French prosecutor on Monday opened a preliminary investigation into allegations of rape in a Washington hotel by former IMF chief and one-time French presidential hopeful Dominique Strauss-Kahn.

The move by the prosecutor in Lille in northern France followed a request by investigating judges earlier this month to broaden a suspected prostitution probe to examine the claims of rape in December 2010.

### Backstory



**Dominique Strauss-Kahn**, 63, the former IMF chief and once a top contender for France's presidency, has seen his career and reputation crumble since he was accused of sexual assault in a New York hotel a year ago. Strauss-Kahn is also a target in a French prostitution probe, which has mushroomed into a nationwide scandal. (AP)

The prosecutor's office said in a statement that they are looking into the allegation that Strauss-Kahn may have been involved in a gang rape during a sex party at the W Hotel, while he was head of the International Monetary Fund.

Strauss-Kahn, 63, said that whatever happened was consensual.

D.C. police have received no reports of sexual assault by Strauss-Kahn at the W Hotel at any time, according to department spokeswoman Gwendolyn Crump. (AP/THE WASHINGTON POST)

### REAL ESTATE

### For the Price Of a D.C. Condo

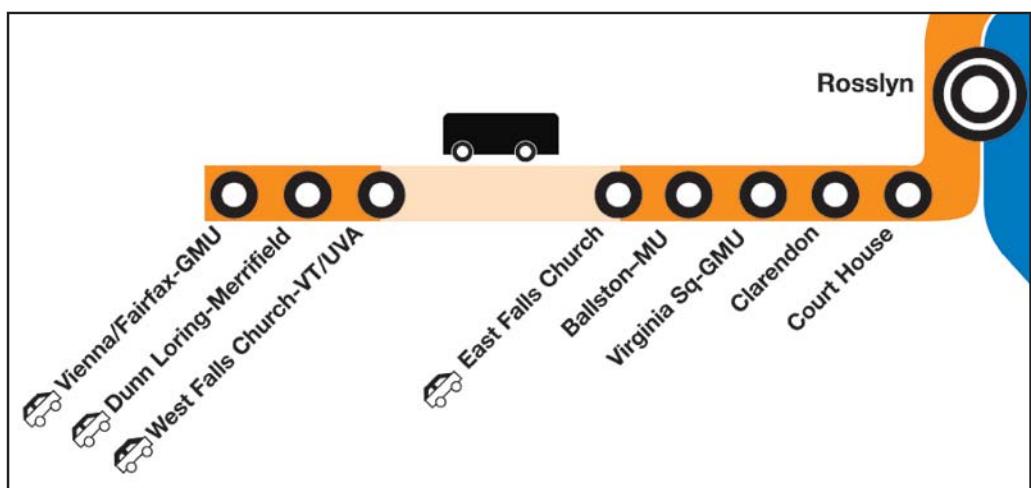
An abandoned hamlet in central France—with its 19 buildings, tennis courts and swimming pool—will soon belong to a photographer from New York. Courbefy was sold to Ahea, who goes by just one name, at auction Monday for \$665,000. (AP)



**Deadly Descent:** Three climbers died and two others were missing while descending from the summit of Mount Everest—a toll that raised concerns about overcrowding in the "death zone" at the top of the world's tallest peak. The deadly weekend unfolded as an estimated 150 climbers tried to reach the top Friday and Saturday, taking advantage of a brief window of good weather in an otherwise troubled climbing season, officials said Monday. (AP)



# Weekend Track Work



**From Friday, May 25 at 10 p.m. to Monday, May 28 at closing:** Buses replace trains on the Green Line between Greenbelt and Fort Totten as Metro installs NTSB-recommended "Guarded #8" switches.

**From Friday, June 1 at 10 p.m. to Sunday, June 3 at closing:** Buses replace trains on the Orange Line between East Falls Church and West Falls Church-VT/UVA as Metro installs switches for the Silver Line and replaces ties.

To get last train times or information about shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.



**SINGLE TRACKING**  
  
**THIS WEEKEND**

**BETWEEN**  
 Takoma - Forest Glen

Weekend train schedules are adjusted for *MetroForward* rebuilding efforts.  
**Please allow extra travel time.**  
**For details, go to [wmata.com/alerts](http://wmata.com/alerts).**

# FIGHT MELANOMA ONE MILE AT A TIME

Train with TEAMM4M, the Melanoma Research Foundation's marathon training team supporting Miles for Melanoma.

## WHY TEAMM4M?

- No fundraising minimums.
- TEAMM4M is devoted exclusively to funding research to find treatments and a cure for melanoma.
- Personalized training schedules and coaching.
- Optional group training.



Contact [TEAMM4M@melanoma.org](mailto:TEAMM4M@melanoma.org) for more info or scan the QR code to visit [www.melanoma.org/team-m4m](http://www.melanoma.org/team-m4m).



**MedStar Health  
Research Institute**  
Advancing Health Through Research

## Is Your Diabetes Treatment Working?? The MedStar Community Clinical Research Center At Prince George's Plaza

is studying the effectiveness and safety of a new investigational medication in controlling blood sugar. Doctors seek study participants who:

- Have had **Type 2 Diabetes** for at least 1 year
- Have taken a **stable dose of diabetes medications** for at least 3 months
- Have **blood sugars that are still too high**



All study-related treatments and medications are free and qualified participants will be paid for participating in the study. We are conveniently located near the Prince George's Plaza metro station.

**To learn more about this study,  
call our recruitment hotline:**  
**MedStar Community Clinical Research Center**  
**(301) 560-2929**

**GET fit Tuesdays in Express**  
A weekly section about how to look and feel and be your best.

**express**  
A publication of The Washington Post

# World



Men gather Monday for the funeral procession of a slain cleric in Bireh, Lebanon.

## Slaying in Lebanon Marks Spread of Syrian Unrest

### Bireh, Lebanon

Syria's war barreled over the border with an angry, raucous funeral Monday for an anti-Syrian cleric whose killing set off a night of deadly street battles in Beirut and raised fears that Lebanon is getting drawn into the chaos afflicting its neighbor.

The Syrian regime is seeking to sow chaos in Lebanon!" Khaled Daher, a Sunni member of parliament, said during a fiery speech Monday at the funeral for Sheik Ahmed Abdul-Wahid, the slain anti-Syrian cleric. "But we will not be scared."

Gunmen shouting "Down with Bashar!" roamed the streets ahead of the funeral procession, which drew thousands of people who fired their rifles in the air as a sign of mourning.

Abdul-Wahid and his bodyguard were gunned down Sunday by a Lebanese soldier, apparently

### Backstory

**To many observers**, it was only a matter of time before the violence in Syria infected Lebanon. The violence is a reflection of Lebanon's political dysfunction, a legacy of years of civil war when the country became a proxy battleground for other nations. Lebanon has a tenuous relationship with Syria, which had troops on the ground here for nearly 30 years until 2005 and still has strong ties to Lebanon's security services. (AP)

after the men failed to stop at an army checkpoint.

The exact details of the shooting remain murky, however, fueling tensions in Lebanon.

Last week, several days of clashes sparked by the Syrian crisis killed at least eight people and wounded dozens in the northern Lebanese city of Tripoli. (AP)

**THE TAILORED MAN**  
EST. 1969  
HONG KONG CUSTOM TAILORS

**Suits: \$550, Shirts: \$65**

5243 Duke Street, Alexandria, VA

Tel: 703-751-7868

[www.tailoredman.com](http://www.tailoredman.com)

**BOTOX \$199\*9 unit\***  
Dysport \$199  
Guaranteed Results  
Laser Hair Removal of Upperlip/Chin \$45  
Latisse \$99  
Spider Vein/Varicose Vein Removal  
Restylane/Juvaderm  
Mimix, Radiesse & Sculptura  
Injections are performed by a Physician  
DC 202-452-1332 MD 301-733-6766  
VA 703-533-1025  
[www.vitasurgical.com](http://www.vitasurgical.com)

**Selling your Digs?**

**Digs**

The last Friday of each month  
in Express.

# Greek Towns Reach for a Euro Alternative

Country's debt crisis energizes movement based on bartering

## Volos, Greece

People in this central Greek city are rejecting the euro before it rejects them.

Apostolos Arabatzis keeps bees on his farm outside Volos, and the honey from his hives helps him make ends meet. What's remarkable isn't his honey — it's what he gets for it. Instead of euros, Arabatzis takes TEMs, a Greek abbreviation for Local Alternative Unit.

A growing minority in about a dozen Greek towns are using an



## Backstory ...

**In late 2009, Greece admitted** its finances were broken. Two years of severe austerity efforts slashed pensions and salaries and hiked taxes to persuade international creditors that Athens was moving to contain its debt. Voters were enraged. Campaigning is under way for June 17 elections, which are largely seen as a referendum on whether the country will keep the euro. If it doesn't, it threatens to send shockwaves through the global economy. (AP)

alternative exchange system to help them survive the crisis. That's been attracting increasing attention amid concern that Greece will be forced to leave the euro and return to the drachma.

The effort began before Greece's

financial meltdown as a fairer, more transparent way to trade. But its administrators say the crisis has spurred membership.

Volos has Greece's first and biggest TEM network, with 600 members and 30 affiliated businesses.

There's a Saturday market here where members haggle over such items as eggs and clothes, and pay in TEMs, which are obtained by offering goods or services.

In effect, a barter economy. But TEMs can only partially replace money. You can't pay taxes or utilities with them, but for members like Arabatzis it's a way forward.

"It gives us a social relationship," he says, "and it detaches us from money as much as it's possible to do so."

Dimitra Vasilou, 29, joined in September. She says she feels liberated by the system.

"Crisis? What crisis?" the hairdresser joked. COSTAS KANTOURIS AND JERRY HARPER (AP)

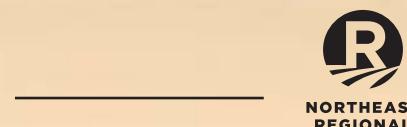
## Hearsay



**"Iran wants to destroy Israel and it is developing nuclear weapons to fulfill that goal."**

— BENJAMIN NETANYAHU, ISRAELI PRIME MINISTER, ON MONDAY URGING WORLD POWERS NOT TO MAKE ANY CONCESSIONS OVER TEHRAN'S DISPUTED NUCLEAR PROGRAM. MUCH OF THE WEST BELIEVES THAT IRAN IS SEEKING TO DEVELOP NUCLEAR WEAPONS, A CHARGE THAT IRAN HAS LONG DENIED.

[f](#) [t](#) [y](#)  
CONNECT WITH US



## SUMMERTIME AND THE FARES ARE EASY.

\$25 TO PHILADELPHIA / \$19 TO RICHMOND

MAY 22 → MAY 24 ONLY

For three days only, we're offering super low fares so you can get away for less this summer. Right now, you can get \$25 fares to Philadelphia and \$19 fares to Richmond when you book your trip on the Northeast Regional<sup>SM</sup> May 22-24 for travel July 10-August 2. But you'll have to hurry. As always, there are no added fees. Limited seating. Book now only at Amtrak.com

AMTRAK.COM

AMTRAK<sup>®</sup>  
Enjoy the journey.<sup>®</sup>

# DC Rider



FREE iPhone APP  
AVAILABLE NOW AT  
THE iTUNES STORE

## Why Bother On the Weekend?

**Q** Both Saturday and Sunday I decided not to go into the center of the city because it wasn't urgent and I didn't want to deal with the single tracking on the Red Line. If my failure cost businesses a few hundred dollars, and is multiplied by even a small portion of the population, businesses in D.C. are losing significant money from the fact that Metro is so horrifically delayed. Metro's behavior is costing a lot of decent people money.

There's no doubt that the weekend repair program, which got a lot more aggressive last year, has inconvenienced tens of thousands

of riders. In fact, my question is why do so many hundreds of thousands of people continue to ride on weekends? Some people are going to work. Some people think they have no choice. But hundreds of thousands of people? Long-time readers know I don't believe in transportation ideology. I think travelers should decide what form of transportation works best for them and use it. Weekend Metro riders write in about the length of the trips — especially if they involve transfers from one disrupted line to another — and the uncertainty of trips. So "why ride?" is one question I have for the weekend travelers.

**Dr. Gridlock** offers commuter counseling online at [washingtonpost.com](http://washingtonpost.com).

**Q** D.C. has seen such a renaissance in the 20 years I have lived here, and a huge factor has been the flourishing neighborhoods that have developed around the Metro stops. People literally purchase houses and pay higher rents because living near the Metro means they don't need to have a car or deal with horrific traffic. That's how it should work, and hundreds of thousands of people have made decisions about where they live and play based on the Metro. Now things have fallen apart, and it galls people. So, people feel like they are paying for the right to public transportation in all sorts of ways and it is really

difficult to say "screw it" and not take advantage of what they have bargained for.

That's the best explanation I've read or heard about why so many thousands still ride Metro on weekends when the service has deteriorated so much. Seems like housing is getting built just about every place it can get built near stations. But I still wonder about the "bargain" aspect. At least in the short term, people aren't getting what they bargained for when they paid a premium to live near a Metro station and go car-free. Why should they just simmer about it? Shouldn't they do something?

**Q** Have you tried parking in downtown D.C.? The extra 20 or 30 minutes of driving around to find parking, then walking many blocks to your destina-

tion wipes out any drive-versus-Metro benefit for me on weekend.

If for your particular trip, Metro still beats driving, it sounds like you should continue to take Metro. People should make their own calculations. It seems to me that you're making a valid calculation when you mention the difficulties of parking downtown and walking many blocks.

**Q** Also, many parking places in D.C. are limited to two hours, even on Saturdays, so if you want to spend more than that downtown, Metro it is.

Another good reason to continue riding Metro. And if that works best for you, I'm won't talk you out of it. But some other people might be able to consider Metrobus, Capital Bikeshare, DC Circulator, walking — even a cab ride.

**MEXICO CITY**  
Fly daily starting May 21st and connect within Mexico to El Salvador, Guatemala and Lima at an amazing price

From: **529 USD**  
Round Trip.  
All taxes included.

**AEROMEXICO**  
Mexico's Global Airline

Call us at: 1 800 AEROMEX

[aeromexico.com](http://aeromexico.com)

Purchase until July 31st, 2012. Travel until December 15th, 2012. Booking class is "P". Instant purchase required. Tickets are nonrefundable and nontransferable. Changes can be made and a fee of 200 USD will apply (waived for 24 hours post purchase). Price includes all taxes and surcharges. Price shown is based on round trip Economy Class journey. Ticket must be purchased for round-trip travel. Seats are limited, and these fares may not be available on all flights or at the time of booking. "Total" prices shown include the base fare, carrier-imposed fees and surcharges, and all taxes and fees. Where a subtotal of "Taxes and Carrier-Imposed Fees" is shown, it may include, but is not limited to: (i) U.S. international travel facility taxes of 16.70 USD in each direction; (ii) airport Passenger Facility Charges of up to 18 USD depending on itinerary; (iii) the September 11th Security Fee of 2.50 USD per flight segment (maximum charge per trip of 5 USD one-way, 10 USD round-trip); (iv) a U.S. customs user fee of 5.50 USD for international arrivals; (v) a U.S. immigration user fee of 7 USD for international arrivals; (vi) a U.S. APHIS passenger fee of 5 USD for international arrivals; (vii) carrier-imposed surcharges for fuel, insurance, etc.; and (viii) other non-U.S. taxes, inspection fees and security charges. Where "U.S. Federal Ticket/Segment Tax" is shown, these taxes are used to pay for airport construction and airway safety and operations. Where "VAT" is shown, it represents the Mexican value-added tax. These fares are only valid on flights operated by Aeromexico and Aeromexico Connect series 1-3999. Fees and conditions apply based on purchased fare rule. Purchase can be made in [aeromexico.com](http://aeromexico.com), Travel Agencies, Aeromexico's Ticketing Offices and Call Center. Washington to Mexico City and Mexico City to Washington operation will begin on May 21st, 2012. El Salvador to Mexico City and Mexico City to El Salvador operation will begin on May 7th, 2012.

# Local

## Ex-Gray Aide Charged

Mayor's campaign assistant accused of giving false donation

### Washington

In the first criminal case to emerge from a more than yearlong federal investigation of District of Columbia Mayor Vincent Gray's 2010 campaign, a former aide has reached a plea agreement on charges of making straw donations to another mayoral candidate and destroying evidence.

Thomas Gore, 56, an assistant treasurer for Gray's campaign, was charged Monday in a criminal information, a charging document typically filed ahead of a guilty plea, and a plea hearing was scheduled for Tuesday.

He faces four counts, including obstruction of justice, a felony, for allegedly destroying a spiral notebook containing a record of payments by Gray's campaign to Sulaimon Brown, a minor candidate.

Brown long accused Gray campaign officials of giving him cash and promising him a job in the Gray administration in exchange for his negative comments about then-Mayor Adrian Fenty. Brown said Gray was aware of the payments and has told federal investigators that Gray handed him a list of talking points to use against Fenty.

Gray has denied knowledge of the payments and said he did not give Brown talking points.

Brown was briefly hired by the Gray administration for a

### Barry Health Scare



**D.C. Council member Marion Barry, D-Ward 8,** suffered a blood clot while traveling to Las Vegas for an annual retail convention, according to tweets on his official account Sunday night. "Got a blood clot while waiting on plane in Memphis," said a tweet posted shortly before 8 p.m. Eastern time. "Taking blood thinner. I thank God it was caught." Monday, Barry tweeted "Just met w/the hematologist who said I can leave." (TWP)

\$110,000-a-year job in the district's Department of Health Care Finance. He was fired after less than four weeks. BEN NUCKOLS (AP)

### The Battle for Crispus Attucks Park



**MARVIN RICH SITS** In Crispus Attucks Park on May 11 in D.C. The park is nestled within a block of rowhouses in Bloomingdale. Rich is feuding with a not-for-profit organization over leadership of the park, a battle that's pitted him against the mostly white professionals of the neighborhood. | [postlocal.com](http://postlocal.com)

### NAACP Urges Support For Gay Marriage

#### Baltimore

NAACP President Benjamin Jealous says he hopes the group's support of same-sex marriage will urge blacks to support marriage equality as a civil right if the question is put to voters on the ballot in Maryland.

Jealous spoke about the resolution Monday at the National Association for the Advancement of Colored People headquarters in Baltimore.

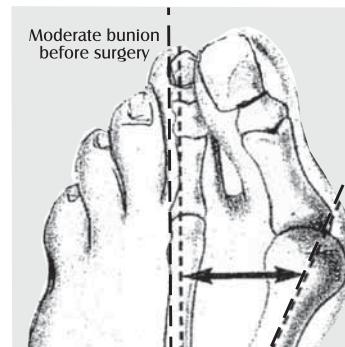
The NAACP's board voted on Saturday for a resolution in support of marriage equality.

Jealous noted that the civil rights organization has opposed laws barring gay marriage in the past. (AP)

## Bothered by Bunions?

If you have a painful bunion, contact the Chesapeake Research Group today. We are looking for qualified individuals to participate in a clinical research study that will evaluate the effectiveness of an investigational pain relieving medication following bunion removal. All procedures will be performed by the Chesapeake Foot and Ankle Center Podiatrists at the Chesapeake Ambulatory Surgery Center in Pasadena, Maryland.

Dr. Ira Gottlieb • Dr. Jenny Nguyen • Dr. Enzo Leone



Contact us today to learn more!

**410-761-0118**

Email: [info@crgmd.com](mailto:info@crgmd.com) • [www.chesapeakeresearchgroup.com](http://www.chesapeakeresearchgroup.com)

If you qualify for this study you will receive:

- Surgery at no charge
- Financial compensation
- Lab work at no charge
- Study-related visits at no charge



### Want to Participate in a Cosmetic Surgery Clinical Research Trial for Abdominoplasty (Tummy Tuck)?

You may qualify for this study if you:

- Are 18 years of age or older
- Are a non-smoker
- Are in general good health
- Are not pregnant or nursing
- Have had no previous abdominoplasty
- Agree to not schedule any additional elective surgeries involving an incision to the abdomen until your study participation is complete
- Are available for follow up evaluations for 1 year following surgery

**MONARCH**  
AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY

*Exceeding expectations, one patient at a time.*



Abdominoplasty surgery will be performed by Dr. Joseph Michaels, a board certified plastic surgeon, in a fully accredited surgical center with medical anesthesiologist. Some financial considerations will be made for qualified participants. Please contact us for details at 301.602.8949.

**Dr. Joseph Michaels** Board certified plastic surgeon  
**301.602.8949** [www.MonarchARPS.com](http://www.MonarchARPS.com)

**\$3.53**

The average price per gallon of gasoline in Virginia, according to AAA Mid-Atlantic. That's 5 cents less than last week's average, just in time for Memorial Day weekend, but a penny higher than this time a year ago. (AP)

**WeekendPass makes the weekend artful.**  
Every Thursday in Express.



## Cover Story

# A Shift in Priorities



Younger Americans are increasingly steering away from car ownership

### Washington

The 389-cubic inch overhead cam V8 holds a sweet spot in many aging hearts, but their grandchildren are more likely to lust after a 1-terabyte hard drive streaming video to a high-resolution screen.

"Today, it's not the most critical thing in the world to have the most exciting car," said Jim Wangers, 85, known as "the godfather" of the Pontiac GTO, which helped define the muscle car era. "In the 1960s, it was absolutely mandatory that you had a swinging set of wheels. Now, personal mobility has been replaced by personal mobility on the web."

America's fabled love affair with the car isn't over, but like many a romance that gets off to a smoking-hot start, it has evolved over

the years into more placid co-existence rooted more in need than pleasure.

There are a multitude of reasons: the roads don't seem so free or open as they once were. Congestion and pillory at the gas pump have reined in some of the wanderlust. The meeting place of social cyberspace means there's a lot less need to go anywhere to commune with friends.

People under the age of 30 are showing increasing disdain for owning combustion engine power. Saddled with college debt and concerned about the environment, fewer are bothering to get driver's licenses and more are moving to transit-friendly cities.

"It's not advantageous to have a car and sometimes it's disadvantageous," said Kate George, 30, who

### Car Culture in Decline

Nationally, the number of miles driven by people younger than 35 dropped by 23 percent between 2001 and 2009, according to recent research by Frontier Group. More than a quarter of those in that age group don't have a driver's license. The study Frontier released last month attributed the shift away from driving to several things, including a doubling of gas prices since 2001, and that people on buses and subways can stay plugged into their social network without feeling guilty about distracted driving. The desire not to drive has been influenced, in part, by economics: One in five people age 25 to 24 is living with parents or grandparents, and in the last decade the number of people under 35 without a driver's license has grown to 26 percent. But the bleak economy wasn't the sole determining factor in the desire to drive less, as people younger than 35 who had jobs drove 2,100 fewer miles in 2009 than they did eight years earlier, Frontier said. (TWP)

**"My parents were both born in the 1950s, and one of the things we'd do is just pile into the car and go driving around with no particular destination. I think the car is less tied to your identity than it was."**

— AARON DENU, 33, WHO GREW UP IN SUBURBAN CINCINNATI AND NOW LIVES IN LOGAN CIRCLE. HE HAS CHOSEN NOT TO OWN A CAR.

### Zippy Upstarts

Zipcar, which arrived in the District in 2000, now has about 800 cars in the area and says demand for car sharing continues to grow steadily. Car2go expanded to the District in March with a fleet of 200 Smart cars. Hertz also launched its own car-sharing service, called Hertz On Demand, in Washington this year. But even with the rise of car sharing, profits have proven difficult. Zipcar became profitable for the first time late last year, 11 years after the company's founding. Hertz and Car2go would not comment on whether they are profitable. (CAPITAL BUSINESS)

does most of her travel around the District on her bike or by Metro. "It's a lifestyle you get used to, and you see your friends without cars and you realize you don't necessarily need one."

New apps are also expanding the arsenal of alternatives to owning a car.

Such online services as Zipcar and Car2Go that provide rentals for quick trips are facing competition from new apps that let car owners rent their private vehicles to strangers. There is an app the brings technology to the slug line, too, allowing drivers to post in order to fill empty seats.

An app even lets Capital Bikeshare riders get immediate feedback on how many bikes are available at the nearest docking station.

### 30K

**The increase in the District's population in the century's first decade, but the number of registered vehicles remained fairly flat. More than a quarter of adults in the city don't own cars. (TWP)**

In such places as Washington, congestion has stifled the sense of freedom drivers once found behind the wheel, said Timothy Gilbert, who chairs the automotive marketing department at Northwood University in Florida.

"When you begin to look at the vehicle as more utilitarian you begin to look at alternatives, because it's only a method of transportation," he said. "The way people look at the automobile reflects, maybe not uncertainty as much as ambivalence."

Is ambivalence the death of romance?

"Are we really ever going to get over the love affair? I doubt it," said Michael Marsden, a professor of American studies at St. Norbert College.

"Automotive culture, that love affair is a deep one. And we may have to compromise, we may have to shift, we may have to redefine it, but it's a pull," he said. "It's a deep, deep pull." ASHLEY HALSEY III (THE WASHINGTON POST)

# Sports

# Catching the Cricket Bug

Americans begin to see why the sport trails only soccer in global popularity

## Cricket

With the ear-popping crack of a bat, shouts of "Shabash!" rang out on a recent Sunday afternoon at Silver Spring's Galway Park.

The Urdu word for excellent, shabash also is a universal term among cricket players worldwide — whether from India or Pakistan, England or Australia, Jamaica or Guyana — to cheer on outstanding batting, bowling and fielding, the game's essential skills.

Among cricket's stateside adherents, the most pressing goal at the moment is making Americans equally fluent in the world's second-most popular sport, eclipsed only by soccer.

To most Americans, cricket is a puzzlement. Even savvy sports fans know little more than it's traditionally played in white trousers, involves a flat wooden bat and lots of running back and forth. Fewer still realize it has a rich tradition in the United States, pre-dating by 140 years the national pastime of baseball, which is cricket's direct descendant.

But cricket hotbeds exist, spurred in the late 1970s by immigrants from the West Indies. It was fueled anew as a wave of workers from south Asia arrived for the tech boom of the late 1980s and '90s. And it's thriving in the D.C. area: There are two cricket leagues that field more than 40 teams for nearly 2,000 weekend players.

According to ESPN's Peter Della Penna, cricket is the country's fastest

### Rules of The Game

Each team has 11 players, and the teams take turns batting and fielding.

**The batting team** sends two people up at a time. The batters stand at either end of the pitch, 22 yards apart, in front of 2-foot-tall, 10-inch wide wickets.

**One batter tries** to hit a ball that's delivered by the bowler. In addition to the bowler and the wicket-keeper (similar to a catcher) the other members of the team stand strategic spots around the oval field.

**Once the ball bounces**, the hitter tries to smack it with a bat. If the ball hits the wicket, the batter is out. If the batter hits the ball, he races to the opposite wicket, while his teammate races toward his wicket, trading places. Runs are scored according to how far the ball flies or how many times the runners tag the wickets before the fielding team retrieves the ball or throws them out. (TWP)

DOUG KAPUSTIN/TWP



A batsman from the Embassy of Pakistan swings and misses during a Washington Cricket League match in Hyattsville, Md., in April.

growing sport, with 15 million fans and an estimated 200,000 players.

"It's kind of like underground sport — a secret society — in the sense that it's everywhere if you know where to look," said Della Penna, 27.

From the first week of April to early October, Washingtonians can spot a cricket match at West Potomac Park near the Jefferson Memorial or on makeshift pitches in Hyattsville, Oxon Hill, Reston, Manassas or Woodbridge.

But cricket isn't played exclusively by expatriates longing for home. American University and George Washington University field club teams. And some enthusiastic converts can be found at Bowie's Whitehall Elementary School, where third-, fourth- and fifth-graders play with scaled-down plastic bats, balls and wickets and delight in explaining the rules to their parents. "It's very fun," says Sofia Hired, 10. "You get to bat. You get to pitch. And you get to run around."

The end game is to create a pipeline for a next generation U.S. National Cricket



Fifth-grader Zipporah Sewell runs to the wicket for a run during a cricket game at Whitehall Elementary in Bowie.

**"Anyone and everyone can play it. It's not like football or basketball, where you need to have certain physical aspects. You can be very lean or very short. In fact, you can have a pot belly and still be a good cricket player."**

— ROHIT KULKARNI, DIRECTOR OF "PITCH OF DREAMS," A DOCUMENTARY ON CRICKET IN THE U.S.

et Team that could contend for a World Cup. But first, cricket advocates say, the country needs to construct proper cricket fields (which require two or three acres of open space), organize youth leagues, cultivate the NCAA's endorsement (complete with college scholarships) and a launch a professional league.

"Look at soccer!" says Avinash Varma, president of the Washington Metropolitan Cricket Board. "It has still taken 40 years since Pele and the New York Cosmos, but soccer is gaining in popularity. To grow, cricket must take a leaf out of the playbook of U.S. soccer. That is the playbook!"

LIZ CLARKE (THE WASHINGTON POST)

# Sports

## D.C. United Will Host Juventus

### Soccer

When it comes to storied franchises in MLS, few clubs have the pedigree of D.C. United. When it comes to storied franchises in Italy, the same can be said about Juventus. So it is only fitting that the two do battle this summer at RFK Stadium.

D.C. and Juventus will meet in a July 28 friendly as part of the World Football Challenge summer exhibition series in a game included in United season-ticker holder packages. The match comes during a lull in United's schedule, during a week between away and home matches against the Columbus Crew.

AVI CREDITOR (FOR EXPRESS)

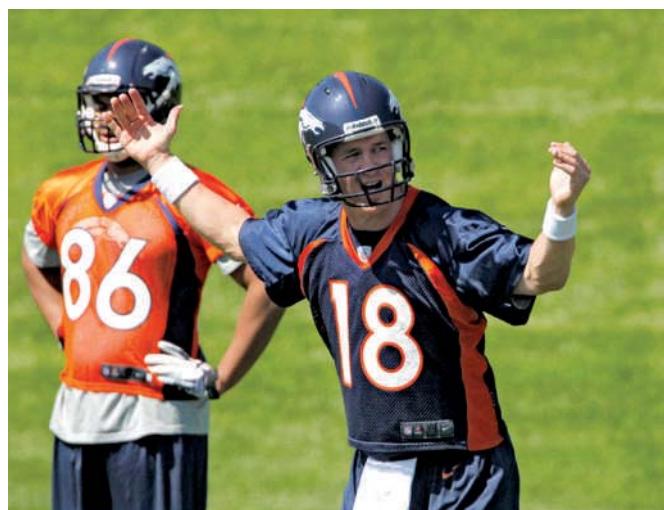
## Former West Virginia Coach Stewart Dies

### College Football

Former West Virginia University football coach Bill Stewart died Monday of what athletic department officials said was an apparent heart attack. A statement issued by spokesman Michael Fragale said Stewart's family notified the university on Monday.

Stewart resigned last summer and was replaced by Dana Holgorsen the same night. Stewart went 28-12 in three seasons after taking over for Rich Rodriguez but failed to earn a Bowl Championship Series berth. (AP)

## Manning Back on the Horse



ED ANDRIESKI/AP

**PEYTON MANNING** on Monday talks to his receivers during his first OTA workout since signing with the Denver Broncos. Manning ran the offensive practice, throwing crisp, on-target passes, in a sign that his injured neck has healed.



### WINNING

## Claymaster

Rafael Nadal showed he's still the man to beat on clay, defeating Novak Djokovic 7-5, 6-3 Monday in a rain-delayed final to win his record sixth Italian Open and regain the No. 2 ranking. After losing to Djokovic in seven straight finals—including Rome last year—Nadal has won two straight against the top-ranked Serb. (AP)



12 WEEKS. 6 CHALLENGERS. 1 GOAL.

This week, we asked Jim how Gold's Gym cardio equipment is shaping his journey.



### How are you incorporating cardio activity into your overall workout plan?

**Jim:** Gabe has me starting each workout with some light cardio to warm up. Otherwise, we don't specifically do traditional cardio on machines; instead, the strength workouts tend to have short times (30 to 60 seconds) between each set, which causes my heart to beat faster. It feels like a good cardio workout when I'm done.

### Is there anything you've had to learn about cardio exercise along the way?

**Jim:** I've found, in general, that cardio workouts can get pretty boring. Listening to music or reading can help the time pass faster; I've also found that distractions tend to take away from the quality of the workout. Mixing up the routine (30 minutes on the treadmill, 30 minutes on the elliptical) can break the boredom cycle; just when you start getting comfortable—try something else.

### What are your impressions about the cardio equipment at Gold's Gym? What's your favorite machine?

**Jim:** I like that Gold's Gym has a good variety of machines, from bikes to treadmills to rowing machines. Each is easily tailored to work a specific part of the body, and each is able to get me up to a good target heart rate. I'd have to pick the elliptical as my favorite machine, because there are options to use both your arms and your legs to build at least some muscle while getting a great cardio workout.

See for yourself what a difference cardio machines can make with this exclusive, limited-time offer:  
**A FREE 7-day VIP Membership to Gold's Gym!**

Learn more at: [goldsgym.com/getfitchallenge](http://goldsgym.com/getfitchallenge)

## WEEK THREE

## CARDIO: Heart Beating, Blood Pumping Workouts

A fundamental component of any successful fitness plan, cardio exercise helps burn calories, lowers your risk of diabetes and high blood pressure, and relieves stress and depression. And at Gold's Gym, there's a variety of ways you can get your cardio in: elliptical machines, stationary bicycles, treadmills, rowing machines, stair climbers—all of it state-of-the-art! You'll also find many machines fully equipped with personal televisions to keep you engaged; some gyms (including the Rockville location) feature a Cardio Cinema where you can burn calories while enjoying a good flick.

### And what does Gabe, Jim's trainer, have to say about cardio work?

#### Why is cardio such an important part of a well-rounded fitness plan?

**Gabe:** Cardio should be part of a well-rounded fitness program—but it can also be in the form of something more fun than just jumping on a machine. It's well documented that doing things you enjoy that involve cardio—such as hiking, sports and gardening—decrease stress hormones that can cause fat storage. Not to mention the extra calories burned!

#### What are some tips that you can share for Gold's Gym clients new to cardio machines?

**Gabe:** I recommend hiring a personal trainer. Your chances of being successful in the gym (and on cardio equipment) will greatly increase if you do! Also, do something you enjoy at least twice a week in conjunction with your cardio work on a machine to remain physically active while not in the gym.



CHALLENGERS	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LOSS	TOTAL POINTS
Tamika	242 lbs.	240 lbs.	22 lbs.	15 points
Paige	210 lbs.	208 lbs.	17 lbs.	14 points
Jim	213 lbs.	210 lbs.	16 lbs.	13 points
Mike	326 lbs.	321 lbs.	15 lbs.	10 points
Vasantha	262 lbs.	260 lbs.	10 lbs.	6 points
Brittany	186 lbs.	186 lbs.	3 lbs.	5 points

Points are awarded weekly for % of body weight lost and competitive challenges.

Follow the  
Get Fit  
Challenge

express

# express ➔ health directory

## VOLUNTEERS NEEDED For Research Studies

**Dependable healthy adults**

**18-50 years of age**

**Available to participate in  
an entire study**

**You will receive a free  
medical evaluation**

**Financial compensation  
provided**

**Contact: Toll Free**

**1 - 866 - 856 - 3259**

**www.clinicaltrials.army.mil**

Walter Reed Army Institute of Research

## Do you take Insulin?

If you have diabetes, and are currently being treated with 65-100 units of Lantus in a vial, as well as Metformin, you may be eligible to participate in a clinical trial.

Diabetes management by board certified physicians, dietary counseling, and diabetes-related study supplies, will be provided at no cost to you if you qualify.

Make a difference in your life today!

**Call 301.770.7373**

**BE A PART OF ALLEVIATING POVERTY  
BY VOLUNTEERING FOR A VACCINE TRIAL AT  
CHILDREN'S NATIONAL MEDICAL CENTER.**



We are looking for healthy DC area adults 18-45 years of age who have never had hookworm and are willing to participate in an investigational vaccine trial to help in the fight against hookworm disease, which affects over 500 million people in developing countries. 25 hours of your time over 16 months can have an impact on Global Health!

For additional information regarding this study, please contact: Clinical Research Manager (202) 476-3615  
jhandy@childrensnational.org



### FRUSTRATED WITH THE INCREASING COST OF FERTILITY TREATMENTS?

#### Minimal Stimulation - IVF

½ the cost of traditional IVF • Fewer medications  
Less time away from work



Where Experience and Compassionate  
Care Come Together

Log on to [www.mcfivf.com](http://www.mcfivf.com)  
for more information.

Don't forget to ask about our Loyalty Program.

**Call 703-876-6311**

to speak to a member of our team.  
8501 Arlington Boulevard, Suite 500, Fairfax, VA 22031

Fertility weight loss options available.  
Affordable IVF treatment with proven success  
Se habla español



Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by  
MertoRail and Metro Ride-On.

#### FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:

TOLL FREE: (888) 926-9211

EMAIL: [donorinfo@lonza.com](mailto:donorinfo@lonza.com)

**lonza**

AD BONE MARROW 03/07

Our research team at the University of Maryland is currently working with the community to find solutions to the problem of risk taking among adolescents.

We are recruiting **parents** & their **children** ages **9-13** for participation in a research study.

You and your child will spend two hours at our center filling out questionnaires and completing two non-violent computer games.

Each parent will receive **\$25** in cash for completing these forms and your child will receive **prizes** valued up to **\$25** such as children's books, gadgets, and toys.

The study takes place at the Center for Addictions, Personality, and Emotion Research at the University of Maryland's College Park campus

If you are interested and want to know more about our study,



please call us at (240) 688-8137 or email us at [caperchildstudy@umd.edu](mailto:caperchildstudy@umd.edu)

*Sponsored by the National Institute on Drug Abuse*

**For  
Advertising  
Please  
Contact  
[washingtonpost.com](http://washingtonpost.com)**

For Advertising Contact  
Danielle Gosnell  
202-334-5648  
[gosnelli@washpost.com](mailto:gosnelli@washpost.com)

**Park your  
browser here.**

Concerts, movies, events,  
restaurants and more.



XXI72 Ix2

**Park your  
browser here.**

Concerts, movies, events,  
restaurants and more.



XXI72 Ix2

**Continuing education opportunities abound.**

**Ahead**

The second Monday of each month in Express.

**New look. New feel.  
Your monthly  
education section  
just got better.**

**express**

To advertise, call 202.334.4130  
or e-mail [ads@readexpress.com](mailto:ads@readexpress.com).

xx055 5x75

# Sports



Robert Griffin III prepares to throw a pass during Monday's workout at Redskins Park.

## 'He Don't Look Like a Rookie'

Griffin impresses in first practice with veteran teammates

### The Redskins

The question put to Redskins receiver Santana Moss by a reporter after Monday's first full-squad workout made no reference to Robert Griffin III by name: "What were your impressions of the kid?"

Without missing a beat, Moss responded by mentioning Griffin's uniform number: "10?"

Yes, of course, that's who everyone wanted to talk about: Griffin, aka RG3, aka "the kid," aka the Heisman Trophy-winning quarterback the Redskins traded away three first-round draft picks plus a second-rounder to take No. 2 overall. "He's looking sharp. He don't look like a rookie right now," Moss said.

Within a minute or so, Moss made reference to Eagles QB Michael Vick's skill while discussing Griffin's rollout ability, praised his new teammate's arm strength and humility, then summed things up this way: "If we really do what we have to do and let him be who he is, and really get behind him, [there's] no limits to what we can do."

Well, sure seems as if Griffin got off on the right foot in his first workout alongside veterans. Already

### Hard Knock



Redskins coach Mike Shanahan was knocked to the turf when defensive back Brandon Thompson

slammed into him on a play during the team's first full-squad workout in its new indoor practice field on Monday. Shanahan remained on his back for a couple of minutes. Eventually, he was helped up and then stood for a bit before walking to the sideline, where he watched the rest of Monday's practice near general manager Bruce Allen. (AP)

anointed the starter by coach Mike Shanahan, the new QB zipped passes on rollouts to his right and left during the opening session of organized team activities.

The rookie minicamp that wrapped up about two weeks ago was a chance, Griffin explained, "to try to show Coach, 'Hey, you drafted me, I'm as advertised.'"

But spending time on the field with more experienced teammates starting Monday, he added, is more about making them see: "I can help this team win. Show them why Coach had so much confidence in you. So, yeah, it's a little bit more pressure." HOWARD FENDRICH (AP)

**The HAMILTON LIVE**  
UPCOMING PERFORMANCES

THURSDAY, MAY 24 **JUSTIN TRAWICK** FREE

FRIDAY, MAY 25 **MARCUS JOHNSON**

SATURDAY, MAY 26 **HARIKARAOKE** BAND GONG SHOW

SUNDAY, MAY 27 10AM & 12:30PM **LIVE GOSPEL BRUNCH** W/ HONORABLE VOICES OF PRAISE \$25

SUNDAY, MAY 27 **NIKKA COSTA** W/ ANYA MARINA

MONDAY, MAY 28 **TIMOTHY B SCHMIT (OF THE EAGLES)** W/ GOLDSOTP

WEDNESDAY, MAY 30 **UNCLE LUCIUS**

THURSDAY, MAY 31 **SIMONE FELICE**

JUNE 1 – JUNE 10 **JAZZ AT THE HAMILTON**  
PRESENTED BY THE WASHINGTON POST

FRIDAY, JUNE 1 **RANDY WESTON TRIO** W/ AKUA ALLRICH

SATURDAY, JUNE 2 2 SHOWS **LES NUBIANS**

SUNDAY, JUNE 3 10AM & 12:30PM **LIVE GOSPEL BRUNCH** W/ LORI WILLIAMS \$25

SUNDAY, JUNE 3 **DAVID SANCHEZ QUINTET** W/ CHARLIE SEPULVEDA AND THE TURNAROUND

MONDAY, JUNE 4 **BEN WILLIAMS QUARTET** W/ JONATHAN BATISTE TRIO

TUESDAY, JUNE 5 **ANTONIO HART ORGAN TRIO & JIMMY HEATH QUINTET**

WEDNESDAY, JUNE 6 **ROY HARGROVE QUINTET** W/ MARSHALL KEYS GROUP: THE SOULFUL SIDE OF CANNONBALL ADDERLY

THURSDAY, JUNE 7 **CYRUS CHESTNUT QUARTET** W/ ROBERTA GAMBARINI

**14<sup>TH</sup> & F** near Metro Center  
@thehamiltondc  
/thehamiltondc  
**202.787.1000**

**BUY TICKETS**

**THEHAMILTONDC.COM**



Where policy ideas have policy impact...

### Open House

Saturday, June 2<sup>nd</sup> • 1203 Van Munching Hall  
University of Maryland • College Park • 9am–11am



### Executive Master of Public Management Program

- Earn your Master of Public Management degree in as little as fifteen months with our convenient two Friday afternoons and two Saturdays per month schedule.
- The Program is offered at the School of Public Policy on our College Park campus.
- Specialize in Management and Leadership—as the curriculum has been developed to strengthen competencies in the Executive Core Qualifications.

To RSVP for the Open House or to request more program information, please contact Michael Goodhart at 301.405.9715 or [Goodhart@umd.edu](mailto:Goodhart@umd.edu). (Please RSVP by June 1st)

To learn more about this exciting program, please visit [www.publicpolicy.umd.edu/degree-programs/executive-master-of-public-management](http://www.publicpolicy.umd.edu/degree-programs/executive-master-of-public-management)

## express health directory

Do you want to quit smoking?  
Are you stressed?

 **LET'S CREATE A TOBACCO-FREE YOU!**

Join the Quit Smoking study at the University of Maryland  
Get 8 weeks of free group therapy sessions  
Free NicoDerm® CQ patches

**For more information:**  
email [UMDquit@gmail.com](mailto:UMDquit@gmail.com)  
or call (301)405-4188

This study is sponsored by the National Institutes of Health.

http://playwithiters.wordpress.com/2010/02/24/  
8-stand-by-elaine-davies-report/24/

**Sell out the show!** 

Contact us at 202.334.6732 or [ads@readexpress.com](mailto:ads@readexpress.com)

**express** 



XX195 2x5

# DROP A DRESS SIZE!



Flatten tummies &  
reduce hips & thighs!

"I lost 30 pounds in 30 days" - Jennifer, Arlington  
"I dropped 8 dress sizes!" - Michelle, Alexandria

- If you are in need of a slim-fast miracle to fit into that little black dress - this is the workout for you!
  - Each workout proven to burn 800-1,000 calories per hour
  - For Every 3,000 Calories Burned You Could Lose Up to 1 lb of Fat\*
  - Lose 30 pounds in 10 weeks or Less

## www.laboxing.com

GEORGETOWN • ROCKVILLE • ARLINGTON • ALEXANDRIA • BETHESDA • COLUMBIA

\*In conjunction with proper diet. Results may vary.



"Burn 1,000 Calories  
Per Hour Class!"

"The Only Place To Get You And Keep You In The Best Shape Of Your Life. Guaranteed."

Concerts, movies, events, restaurants and more.

express  
**nightout**  
expressnightout.com

## Sports

# Magic Make GM, Coach Disappear

Season-long drama with Howard leads to team's overhaul

### Pro Basketball

The Magic fired coach Stan Van Gundy and split with general manager Otis Smith on Monday, the culmination of a season in which Orlando was ensnared in a long-running soap opera with Dwight Howard and made another first-round playoff exit.

"It's time for new leadership and new voices," Magic CEO Alex Martins said in a statement. "The disappointment of getting eliminated in the first round of the playoffs these past two seasons played a primary role in our decision, as we feel our momentum towards winning a championship has paused."

Smith and Van Gundy's problematic relationship with Howard weighed down the team all season after the All-Star center requested a trade.

Orlando went 37-29 in the regular season but was eliminated in five games by Indiana after a rash of late-season injuries that included back surgery for Howard. Orlando went 5-12 without him.

### Backstory



In early April, Stan Van Gundy said top-ranking team officials had told him that Orlando Magic superstar

Dwight Howard had asked management to fire Van Gundy as a condition for the center signing a long-term contract beyond 2013. Howard denied it. Van Gundy coached the Magic for five seasons. He finished with a 259-135 record, going 31-28 in the playoffs. (AP)

The day after the Magic's season ended with the loss to the Pacers, Smith said that he needed a few days to decide if he wanted to return, calling it a "50-50" chance.

Van Gundy said at the time he wanted to come back and was hoping the ultimate decision would be about performance solely.

But both have acknowledged that this season was trying not only for the players but the organization as a whole.

"This season, and we've been digesting it all year, has been the longest, shortest season that we've had," Smith said. (AP)

### TV Lineup

**NATIONALS (7 P.M., MASN)** The Nats and Phillies play the middle game of a three-game series.

**ORIOLES (7 P.M., MASN2)** If the weather hold, the Orioles will host the Boston Red Sox.

**NBA PLAYOFFS (8 P.M., TNT)**

Game 5 of the Miami Heat-Indiana Pacers series, which is knotted at two games each.

**NHL PLAYOFFS (9 P.M., NBCSN)**

The Los Angeles Kings try again to advance to the Stanley Cup finals, seeking a win over the Phoenix Coyotes.



### TESTIMONY

### Naming Names

In his final day of testimony in the Roger Clemens trial, Brian McNamee, above, said that in addition to Clemens, Andy Pettitte, Chuck Knoblauch and Mike Stanton also used human growth hormone. Clemens' former trainer testified for 26 hours over the course of a week. (AP)

# fit



## Guinea Pig | Super Soakers

Those who grew up wearing Hypercolor and Freezy Freakies will be psyched for Viewsport shirts that reveal messages when you sweat through them. That is, until they realize how much they'll have to work to make the words appear. An exhausting boot camp in a tank (\$25, Viewsport.us) managed to make only half of the letters show up — so we dumped a bottle of water over our head. It worked! Extra sprints would probably do the trick too.



See your weekly Gold's Gym Trainer Tip on the next page.



Zeze Zax, holding the baby in a blue shirt, teaches Samba Baby to youngsters.

## Different Baby Steps

Parents can introduce their kids to a variety of movement styles at new dance classes

Forget the tutu and tap shoes. The options in kids' dance classes are broadening beyond the basics so parents can introduce those tiny feet to other ways to bust a move — and a few different cultures, too.

BloomBars, a nonprofit community arts space in Columbia Heights, launched Samba Baby in January. Every Wednesday morning, instructor Zeze Zax is responsible for controlled chaos: a group of tykes (ages 6 months to 5 years) dancing with one another and their parents.

Zax, founder of the ZeZeh Brazil Dance Troupe (Zezehbrazil.com) and a former Carnival queen from Sao Paolo, Brazil, goes over the basic samba step: Switch your feet quickly, keeping one foot down as the other heel taps in front, and

create a full-body bounce. But she isn't concerned about technical accuracy.

"We have to teach the kids more that it's OK for them to be themselves, to dance however they want to dance, and they should be happy and enjoy," says Zax, who peppers the 45-minute class with Portuguese words for the body parts she's moving.

Jeanne Fekade-Sellassie, whose husband and 18-month-old — who likes to shout "Samba! Samba!" around the house — attend the class weekly, says it's been an educational experience. But the most important lesson is just that dancing is a good time.

Tots go similarly gaga for the chance to swing their arms like elephant trunks to the beat of fast-paced drums at Kukuwa Kidz Club. Clarendon Fitness introduced the class, an African music and dance lesson geared to 2- to 4-year-olds, this spring, and plans to offer it again over the summer.



PHOTOS BY TEDDY WOLFF

Samba Baby students are expected to have fun, not to learn the moves perfectly.

**"They just get to move and just hear the drums — you know, something different than they hear on their radio every day."**

— STACIA HUGHELY, INSTRUCTOR OF KUKUWA KIDZ CLUB, OFFERED AT CLARENDON FITNESS

Instructor Stacia Hugheley is happy if kids simply give it a whirl. "They just get to move and just hear the drums — you know, something different than they hear on their radio every day," Hugheley says.

That formula has worked well for Zumbatomic, the child's play version of the Latin dance class Zumba. Geared to kids ages 4 to 12, it's not exactly the sexy shimmying adults are used to in their classes.

"The main difference is the choreography," says instructor Jeannie

## Resources

### Take the Lead

Want your kids to give these dance classes a spin? Samba Baby is offered Wednesdays at 10 a.m. at BloomBars (3222 11th St. NW; Bloombars.com). It's \$10 for one session or \$100 for 12. Zumbatomic is available at gyms and studios throughout the region, including Herndon Sport & Health (13037 Worldgate Drive, Sportandhealth.com). Visit Zumba.com for addresses and times. Clarendon Fitness (3100 Clarendon Blvd., Clarendonfitness.com) isn't currently offering Kukuwa Kidz Club, but plans to put it back on the schedule.

Monroe, who teaches at the Sport & Health Club in Herndon. "Zumba for adults is all in the hips. To keep it kid-friendly, we don't concentrate on hips, we concentrate on the whole body."

To get the group of six girls ready for the hourlong class, Monroe has them tap their toes, squat and clap to tunes from "Yo Gabba Gabba," a popular kids' TV show. Next, the Latin beats drop as she breaks down the steps to the cha-cha — cross one foot over the other and quickly march in place three times — the cumbia, the merengue and the salsa.

To prevent boredom, she brings in props such as jingly skirts and maracas, and alternates between dance routines and games. Students create their own freestyle moves and then have the rest of the class follow along, which Monroe says promotes leadership and confidence in addition to calorie burn.

"It's kind of like doing an exercise class," says 10-year-old Emma Shacobas. "But it's really fun at the same time." STEPHANIE KANOWIT (FOR EXPRESS)



## Meet The Trainer

**Kiana McKelvin**

*Certified Personal Trainer  
Rosslyn Gold's Gym*

Kiana brings a lifetime passion for health and fitness to her job as a personal trainer, and it's evident in the pride she takes in helping her clients achieve their goals. She creates a customized plan for each client, helping them make the necessary fitness, lifestyle and nutrition changes to transform their bodies and their health. In addition to being a certified personal trainer, Kiana is also currently attending culinary school. She enjoys incorporating her knowledge of healthy cooking practices into her work with clients.

### Certifications:

- ExpertRating Global Certifications

*To schedule an appointment with Kiana or another Gold's trainer, come to a Gold's Gym location near you or visit our website.*

### Trainer Tip of the Week

Plan ahead for your Memorial Day cookouts. Start the day off strong by spiking your metabolism with an early morning workout to activate a higher caloric burn throughout the day. Schedule an appointment with me to learn more ways to get lean and fit this summer.

**f** **GoldsGym.com**  
**JOIN TODAY FOR  
NO CONTRACT FEE**

**One FREE Personal Training Session**  
**Redeem at one of our 14 D.C. Metro locations**

Offer valid for new members only. Must be at least 18 and a local resident with a valid ID. Not redeemable for cash. Valid at participating Gold's Gyms only. Other restrictions may apply. Offer expires 5/31/12.

# baggagecheck



### It's Not Too Late To Fix the Flake

**Q**

My sister has ruined so many family gatherings because of her flakiness and lateness. I no longer expect her to show up at anything, and if she does, I know she'll disrupt everything with her lateness. My parents, however, treat every event like they have no clue what she's going to do, and just get upset all over again. How can I stop this constant frustration? **TIRED OF THE HOLDUP**

You've got two problems. One is your sister's behavior, but the second is your parents' reaction.

Ideally, you'll handle both through individual conversations. I'd urge you, as aggravating as your sister's behavior must be, to make sure you do more listening than talking. Depression, social anxiety or substance abuse problems can manifest themselves as flakiness. Or, perhaps she simply can't be bothered to care about other people's feelings. Regardless, she needs to know that her behavior hurts others, and you can offer your help in trying to improve it. Tell your parents that it bothers you to see them continually upset by her actions, and that it's time for a reality check. Otherwise, your sister's not the only one ruining these gatherings.



**Send your questions to**  
Dr. Andrea Bonior  
at [baggage@readexpress.com](mailto:baggage@readexpress.com). Andrea is a local clinical psychologist and author of the book "The Friendship Fix" ([Friendshipfix.com](http://Friendshipfix.com)).

### Think Outside of That Box

**Q**

I have a box of mementos in my closet. Recently, I found the box disturbed, and I'm pretty sure it was by my 12-year-old daughter. There are some photos in there I had taken when her dad (who I am separated from) and I were first dating. While they're not pornographic, they are of the "boudoir" variety. I find myself angry at her but also embarrassed. How do I address this? **SEEING RED**

Ah, boudoir photos packed away in a closet. How downright Victorian. Someday soon, most kids will be unearthing their parents' spring break photos on the Internet!

Your anger is understandable, but remember that she's 12, she's curious, and although she needs to learn to respect your space, coming down too hard on her can ruin the entire tone of this discussion. And

what of the discussion? Figure out the main points you want to convey, which I'm guessing involve privacy, female sexuality, body image and relationships. Choose a quiet, private time to have the talk. As squirm-inducing as you find this conversation, her nausea is probably worse. Once you get your points across, you can reassure her that you never need to talk about it again.

### Event Horizon

**Play Date**

All work and no play makes women unhealthy, according to a survey conducted by the American Cancer Society. To convince ladies that exercise can be fun—and that they should do it more often—the group has launched the 100,000 Acts of Play Challenge ([ChooseYou.com/Play](http://ChooseYou.com/Play)). A team advocating recess breaks will be based at 225 7th St. SE today from 11 a.m. to 2 p.m. with pogo sticks, jump ropes, hoops and Skip-Its.

# Warrior Wheels

A bike trip can serve as a form of therapy for wounded vets in the Ride2Recovery

On Memorial Day, many folks will be headed to the beach. Ashley Crandall, 28, has a different destination in mind. The Glen Burnie, Md., resident will be getting on her bicycle in Washington and setting off on a six-day, 325-mile journey to Virginia Beach for the Ride2Recovery Memorial Challenge presented by UnitedHealthcare.

The event is one of several organized nationwide to raise money for cycling programs designed to help injured veterans — like Crandall. The former helicopter repairwoman, who retired from the U.S. Army in January, developed post-traumatic stress disorder overseas.

"The most difficult part is being around people again," Crandall says. When she started treatment at Walter Reed in 2009, one-on-one chats were unbearable. But she soon rec-

ognized that socializing while bike riding was more comfortable. "On a ride, you're next to someone," she says. "And you can just talk."

Her therapist wrote cycling into her treatment plan, and Crandall began training seriously to join the Ride2Recovery Challenge that year. The following year, she had built up enough confidence that she and a friend were able to help guide a group of beginning riders. "It's nice to have that glimpse and see that maybe I can be the person I used to be again," she says.

Maybe she can be even better. This is a tough route, Crandall says, and although she spends hours each week training with a group in Bethesda, going mile after mile against punishing headwinds wears her out. "It's easy to just give up. But

no one does," she says.

That's more remarkable when you consider who makes up Crandall's company — vets with every conceivable injury, including brain damage, amputated limbs and blindness. Innovations in bike design make it possible for all of them to take part in the ride. "No matter what excuse you can come up with, there's a way around it," Crandall says.

Being a part of the group gives injured service members a sense of belonging that's often elusive, she says. "And when they get on a bicycle, they look normal. Nothing makes them stand out," she adds.

That's part of her pitch to other wounded vets when she tries to convince them that riding a bike can be part of their recovery process,

**"It's nice to have that glimpse and see that maybe I can be the person I used to be again."**

— ASHLEY CRANDALL, A VETERAN PARTICIPATING IN RIDE2RECOVERY



Ashley Crandall considers her regular bike rides a critical part of her therapy.

## Online

The Ride2Recovery Challenge is just one of several events the program runs to support cycling for wounded veterans. Find out about single-day rides as well as Spinning Nation, an indoor cycling fundraiser held by participating health clubs, at [Ride2recovery.com](http://Ride2recovery.com).

too. She tailors her approach to the individual. So when a woman with PTSD was scared of people passing her, Crandall offered to ride directly behind her to make her feel safe. When it's someone who's worried about his or her weight, Crandall brags that she dropped 30 pounds in one season by riding.

Crandall also enjoys visiting the gym, swimming and kayaking. "Those are wonderful, but they're more individual," she says. "Cycling is the only social interaction I get during the week. For me, it's not just training."

And this isn't just a ride to Virginia Beach. It's a symbol of the distance Crandall and so many of her fellow service members have traveled. VICKY HALLETT (EXPRESS)

# A Double Dare for Your Body

Biker Barre teaches both indoor cycling and ballet fitness

If the evil queen in Snow White wanted to find a mirror to interrogate, she'd be out of luck at Biker Barre, which opened last week near Eastern Market.

Co-owners Jane Brodsky and Katie Fouts decided not to install walls of mirrors in their two-story fitness studio, which boasts a skylit room with 30 bikes for indoor cycling classes on the ground floor and a second space upstairs devoted to ballet-inspired sculpting.

"We're about having fun here, and most people hate on themselves when they're looking into



Instructor Angel Stone, left, strives to keep the mood light and the workout hard.

a mirror," says Fouts, who thinks students will get a better workout without the distraction.

Brodsky says they'll also get a better workout than they used to at Red Bow — the name of the studio before it migrated across Cap-

itol Hill and added cycling. Barre can't be beat for muscle toning, she says, but mixing it up with low-impact cardio leads to even more fantastic results.

Katie McManus, 38, is one of several students eager to test Brod-

## Details

No need to rent or wear cycling shoes at Biker Barre (7387th St. SE; 202-733-1009, [Bikerbarre.com](http://Bikerbarre.com)) — the pedals work with regular footwear. A single class (barre or cycling) is \$22. Multi-class passes are available at a discounted rate. For this month, you can get 5 classes for \$50.

sky's theory. Last Thursday night, she took a cycling class immediately followed by a barre class. (There aren't any combo classes on the schedule yet, although Fouts and Brodsky say that's a possibility for the future.)

"I like the idea of doing both,"

McManus says. "These are classes I can stick to."

The expansion into cycling is also attracting male students. Jayce Newton, 33, hadn't been interested in trying barre, but he was game for getting on a bike — and likes the idea of a specialized fitness studio.

"I think the whole concept of going to the gym is outdated," he says. Other guys seem to agree. One notable sighting at Biker Barre so far: Caps player Mike Green.

All students invited to use the facility's amenities, including a first-floor lounge (with free Wi-Fi); two bathrooms stocked with shampoo, face wash, hair ties and towels; and a big changing room with a curtain that'll keep you decent. Brodsky, who's expecting a baby in July, is also working on setting up child care options soon. VICKY HALLETT (EXPRESS)

## fit nutrition

# Where to Get Your Antioxidant Fix

**Certain foods**, like spinach, blueberries and tea, hog all the antioxidant-packing glory. No more. With the help of Alexandra Caspero, owner of weight-management and sports-nutrition service Delicious-Knowledge.com, we dug into the research to discover these surprising superfoods.



**Watercress:** This leafy green, a member of the cabbage family, has a light, peppery flavor.

**Why it's healthy:** One cup of watercress has just 4 calories, but it's loaded with vitamins A, C and K. It also contains lutein and zeaxanthin, two antioxidants that are beneficial for eye health.

**How to eat it:** Swap watercress for the lettuce on your next sandwich, or toss a bowl of the leaves with goat

cheese, toasted pistachios and your favorite vinaigrette.

**Vanilla Beans:** Growing off climbing vanilla orchid plants, these fruits have a famously sweet fragrance and flavor.

**Why they're healthy:** These little beans pack big phenolic compounds, which work as potent antioxidant, anti-microbial and anti-inflammatory agents.

**How to eat them:** Drink them. Combine 1.5 cups pear juice, 6 oz. vodka and seeds from 1/2 of a vanilla bean. Shake it all up, pour it over ice, and start sipping.

**Cocoa Powder:** The commercial name for cocoa solids, it's the low-fat component of the cacao bean.

**Why it's healthy:** It contains several minerals, including calcium, magnesium and sodium, and can contain up to 10 percent of its weight in flavonoids, which may prevent heart disease and stroke.



**How to eat it:** Make a mole sauce with unsweetened cocoa powder.

**Sorghum:** This gluten-free grain is similar in taste and texture to wheat berries.

**Why it's healthy:** With 70 percent starch — and a good chunk of protein — it's a solid energy source. What's more, it lowers cholesterol and packs B-complex vitamins.

**How to eat it:** Try it in your tabbouleh salad instead of bulgur wheat, or sub sorghum syrup for honey.



**Raisins:** We assume you know what a raisin is.

**Why they're healthy:** While dark raisins pack anthocyanins that provide the same carb boost as an energy gel, all are a top source of boron, which helps to build bones.

**How to eat them:** Kick your oatmeal up a notch by sprinkling a handful of raisins on top.



**Ginger Root:** The horizontal stem of the ginger plant, it has a slightly hot, citrus-like taste.

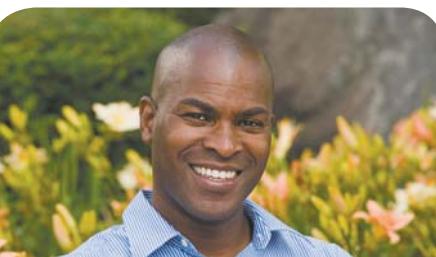
**Why it's healthy:** Nine compounds found in ginger can improve your gastrointestinal function. Even better, the plant eases muscle pain associated with exercise.

**How to eat it:** Grate a little ginger root for your stir-fry or your morning mimosa. K. ALEISHA FETTERS (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

## AFRICAN STUDY

A study at NIH is recruiting **healthy black African men and women** to understand diabetes and heart disease risk in Africans.

**Were You Born In Africa?**



### Must Be:

- Born in Africa
- 18-65 years old
- Requires 3 visits
- Compensation provided
- Refer to study # 99-DK-0002

Please call (301) 402-7119 • <http://clinicaltrials.gov>

Department of Health and Human Services • National Institutes of Health • National Institute of Diabetes & Digestive & Kidney Diseases

# B.I.O.

BY INVITATION ONLY: UPCOMING WEDDINGS & UNIONS

**Nice couples. Nice stories.**  
Every Monday in Express.



**express**

A publication of The Washington Post

If you'd like to see your wedding or commitment ceremony in B.I.O., send your favorite informal photograph (wacky is fine, but no formal engagement photos, please), plus your names and ceremony date to [weddings@readexpress.com](mailto:weddings@readexpress.com). Please contact us at least one month before your ceremony. We'll get back to you with questions.

# lookout



## Camera Starved

Kate Gosselin says her children want to be on a new reality show **35**

### Sound Bets



COURTESY AMERICA HEARTS

### Living Single

**Jess Matthews** sings like a child talking during a time out: Each word is fiercely enunciated, delivered with tense determination and absolute innocence. But Matthews, pictured far left, isn't 4; she's a 30-something songwriter who fronts America Hearts, a jangly D.C. indie-pop quartet putting a modern twist on the idea of a "singles club."



By Christopher Porter

Seven-inch-single clubs have been record-label staples for a long time, made most famous by Sub Pop, which kicked its own off in 1988 with Nirvana's "Love Buzz b/w Big Cheese."

America Hearts went with D.C. labels Yeah Gates and Sockets for their previous singles, but the band isn't working with any record company for its new project—or any records, actually. Through June, the band is instead playing monthly concerts at the Black Cat, where fans will receive a free download coupon for the new single at each show. The series started last month with the "Angsty" EP, and on Thursday the band will offer its new "Messy" EP.

If you missed the first concert—or if you're stuck at home with an actual 4-year-old— the singles-club songs are also available for purchase at [AmericaHearts.com](http://AmericaHearts.com).



Among the exhibits on display at the newly reopened National Museum of Health and Science in Silver Spring, Md., is a set of facial casts of Civil War combatants, which were made for surgeons who attempted facial reconstructions on the soldiers.

## Remains of War

The bones and bullets of battle are on display at the new Museum of Health and Medicine

### Museums

The smashed bullet that killed Lt. Henry H. Waite of the 6th Maine regiment is there. So is the one that claimed Pvt. James Bainham of the 125th New York. And the one that killed Abraham Lincoln, president of the United States.

Scores of deformed slugs pulled

from the flesh of the Civil War's victims sit like grimy jewels in these glass cases, not far from trays of splintered bones and punctured skulls damaged in the conflict.

There's more than war in the Defense Department's refreshed and relocated National Museum of Health and Medicine, which celebrated its grand reopening in Silver Spring on Monday. But much of the 150-year-old museum of medical oddities and scientific history is about the impact of war and medicine's valiant struggle to understand and repair its damage.

The museum had been located for 40 years at a hard-to-reach site on the campus of Northwest Washington's old Walter Reed Army Medical Center.

With the hospital's recent relocation to Bethesda, the museum last year moved to a modern, new building adjacent to the Army's Fort Detrick/Forest Glen Annex, on Linden Lane in Silver Spring.

It reopened temporarily in the fall but had been closed since January as new exhibits were prepared. "This is a one-of-a-kind opportunity," says Tim Clarke Jr., the muse-

### Artifacts

#### Weird Science

The National Museum of Health and Medicine isn't limited to war artifacts. The arthritic skeleton of Peter Cluckey sits in its wooden chair, a longtime museum feature. And the eerie-looking head and neck of an unidentified man, with the skin peeled away, reveals a tangle of muscle and sinew, like the bundled wiring of an electrical device. (TWP)

um's deputy director for communications. "We get to celebrate our anniversary ... while removing some of the barriers that might have been in place before. And do so with brand-new exhibits."

The museum has 25 million artifacts, Clarke says, including the world's largest collection of microscopes, a soldier's notebook that stopped a bullet and a metal breastplate that failed to.

Many more objects are on display than before, and some are probably being seen publicly for the first time, he says.

One modern artifact seems especially evocative. It is part of the floor of Trauma Bay II from the tent hospital at the U.S. air base in Balad, Iraq. The surface is gouged from the legs of surgical gurneys and is stained with antiseptic and blood.

It bears a large Roman numeral II marked in duct tape.

"Bay II was known as the place where the worst wounded were brought," Clarke says, and the place where it was said that "the most American lives were saved or lost since [the war in] Vietnam." MICHAEL E. RUANE (THE WASHINGTON POST)



**Foreign Film:** Chinese conglomerate Dalian Wanda Group Co. announced Monday that it will buy the U.S. cinema chain AMC Entertainment Holdings for \$2.6 billion in China's biggest takeover of an American company to date. The deal will create the world's biggest movie theater operator. The Beijing-based company said it will invest an additional \$500 million to fund AMC's development. AMC operates 346 cinemas, mostly in the U.S. and Canada. (AP)



Read Christopher's previous columns at: [expressnightout.com/soundbets](http://expressnightout.com/soundbets)

# lookout entertainment

top  
stops



SCOTT SUCHMAN

## 1 Tragic Love

When Goethe published "The Sorrows of Young Werther" in 1774, it became the "Catcher in the Rye" of its day—young, angsty people felt understood, while older folks thought the love-struck, suicidal Werther was a shortsighted dope. See this tale told through music in the Washington National Opera's production of "Werther." *Kennedy Center, 2700 F St. NW; through Sun., \$25-\$300; 202-467-4600, Kennedy-center.org. (Foggy Bottom)*

## 2 Puzzle Master

Jim Sanborn is one of the D.C. area's most famous and most reclusive artists. His sculpture, "Kryptos," which lives at the CIA campus, is a giant code puzzle that still hasn't been solved despite the best efforts of the actual CIA, so he'd have to be hermetic just to escape the wild-eyed amateur solvers hoping for clues. Glen Echo is currently exhibiting his photographs. *Glen Echo Park, 7300 MacArthur Blvd., Glen Echo, Md.; through Mon., free; 301-634-2222, Glenechopark.org.*

## 3 Nordic Rock

Don't be confused: Swedish extreme-metal band Meshuggah is not the same as "meshuggeneh." The former is a long-running group of very serious dudes making complex, heavy music, including their latest, "Koloss," which dropped in March. The latter is what your grandma calls you when you're blasting Meshuggah from your room. *Fillmore, 8656 Colesville Road, Silver Spring; Tue., 8 p.m., \$25; 301-960-9999, Fillmoresilverspring.com. (Silver Spring)*



stock in Facebook  
isn't as valuable  
as taking stock  
in your body.

Invest in yourself. Join today.



washington sports clubs®

MySportsClubs.com • 18 D.C. metro-area locations

Like us on [facebook.com/myWSC](http://facebook.com/myWSC)

### RATE-LOCK GUARANTEE

Your monthly dues  
will never increase.



 fibre space™

Put down your smartphone  
and relax with a greener hobby.

**Learn to knit.**

fibre space™ is a full service knit & crochet  
shop located just five blocks from  
the King Street Metro.

**MY SCHOOL  
HAS ME  
COLLEGE  
BOUND!**  
GIVE YOUR CHILD A HEAD START



#### Open House Date

Saturday, June 2, 2012 • 10:00 am – 2:00 pm

Openings Available in

Grades Pre-K (for 3 year olds), K-5, 7 & 8

#### STUDENT SUCCESS

- Basketball: 2011 MS Boys Champions 2008, 2009 MS Girls Champions
- Volleyball: 2010 MS Champions
- 2010 First Place Regional MS Engineering Design Competition
- 2010 First Place Champions Award—First Lego League
- Eagle Cheerleaders
- 1st place Bowie "All Starz" Competition

#### INTERNATIONAL BACCALAUREATE CANDIDATE STUDENT OFFERINGS

- Tuition-free for DC students
- Friendship CARES Before- and After-Care available
- Spanish Immersion Program
- Photography & Art Club
- Small Class Sizes
- Free After School Tutoring and Saturday Learning Camp
- Community Partnerships- Hands on DC and Casey Trees (tree planting)

#### Friendship Woodridge Campus

Pre-K through 8  
2959 Carlton Avenue, NE, Wash., DC 20018  
(off South Dakota Avenue, NE)  
(202) 635-6500  
[www.friendshipschools.org](http://www.friendshipschools.org)

Accredited by the  
Middle States Association of Colleges  
and Schools



## entertainment lookout

# Charmed Citizens

Dope Body continues Baltimore's out-there rock tradition with 'Natural History'

### Music

David Jacober, drummer of Baltimore band Dope Body, was at a deli in Cincinnati, roast beef sandwich in one hand, iPhone in the other.

"For us to make this kind of music is very amusing," he said. Then he passed the phone around the table and let his bandmates — guitarist Zachary Utz, singer Andrew Laumann and bassist John Jones — describe their sound:

"Super heavy."  
"Pretty goofy."  
"Ridiculous."  
"Obnoxiously over the top."  
"Some serious butt-rock," they



Dope Body, from left: Zachary Utz, David Jacober, Andrew Laumann and John Jones.

said.

Also: self-aware! The quartet was out on tour in advance of the release of "Natural History," its bruising new album, which arrives Tuesday. On it, Dope Body exhumes

the corpse of macho '90s alt-rock — imagine the Rollins Band, the Jesus Lizard or Rage Against the Machine with a sense of humor — by churning out funky, rowdy rock songs, deep fried in testosterone and

delivered with a smirk.

"We'll play a riff and, and it almost sounds like a joke," says Utz. "Whether it's absurdly distorted, or absurdly groovy, we just go with it. It feels good."

Laumann says Dope Body's mission is to pull listeners into a dark place, but for everyone to come out laughing. This music is outrageous, sure — but it's ultimately about energy and catharsis.

"The place where we used to practice had a bunch of heroin addicts outside," Laumann says. "Whenever we'd get done playing, we'd be totally exhausted. Totally spent. We felt like how they looked. I kind of want this music to exhaust someone to the point where whatever they're upset about in their life, they're not upset about it anymore."

CHRIS RICHARDS (THE WASHINGTON POST)



Natural History  
Dope Body



**good to know** » AMC's "Breaking Bad" will begin the first half of its final season on July 15; the final eight episodes will air in 2013. » ABC's "Good Morning America" plans to launch a fourth hour, "Good Afternoon America," for nine weeks starting July 9. » Kanye West's new short film, "Cruel Summer," is set to debut at the Cannes Film Festival this week. (EXPRESS)



THE GEORGETOWN BUSINESS IMPROVEMENT DISTRICT PRESENTS

19th Annual  
**Taste**  
OF GEORGETOWN

[www.TasteOfGeorgetown.com](http://www.TasteOfGeorgetown.com)

Saturday  
June 2, 2012  
11am - 4pm

Wisconsin Ave & M St NW



Enter for a chance to **win FREE tickets to the Taste of Georgetown!**

Enter today at [www.expressnightout.com/contests](http://www.expressnightout.com/contests)

GEORGETOWN  
COME OUT AND PLAY

express

GEORGETOWNDC.COM TWITTER | FACEBOOK | YOUTUBE | PINTEREST

NO PURCHASE NECESSARY. Sweepstakes begins on May 22, 2012 at 12:00 am (Eastern Standard Time) and ends on May 29, 2012 at 11:59 pm (Eastern Standard Time). Open to legal residents of the District of Columbia, Maryland and Virginia. Must be 21 years of age or older to enter. Odds of winning will depend on number of eligible entries received. All federal, state and local registrations apply. All entrants subject to official rules. For complete official rules log on to [www.expressnightout.com/contests](http://www.expressnightout.com/contests). Void where prohibited. Five (5) winners will receive a pack of 5 food tasting tickets to the 2012 Taste of Georgetown. Average retail value: \$20.00. The Georgetown Business Improvement District, Express Publications, LLC and their affiliates accept no responsibility or liability in connections with any loss or accident incurred in connection with use of prize. Participating sponsors, their employees and agencies are not eligible to enter the sweepstakes.

## VOLUNTEERS NEEDED

The Vaccine Research Center at the National Institute of Allergy and Infectious Diseases, part of the National Institutes of Health, is now enrolling healthy volunteers to donate blood for studies on the immune system.

**We are currently seeking volunteers who meet the following criteria:**

- Adult (18 years of age or older)
- HIV-negative
- Identical twins, both of whom would be willing to participate
- Participation by non-twin siblings also preferred

These studies aim to further define and understand general immune responses.

**Financial compensation will be provided.**

To volunteer, call **1-866-833-LIFE** (toll free) or **TTY 1-866-411-1010**, e-mail [vaccines@nih.gov](mailto:vaccines@nih.gov), or visit [www.vrc.nih.gov](http://www.vrc.nih.gov).

# lookout TV tonight

## Best Bets

FOX  
9:00

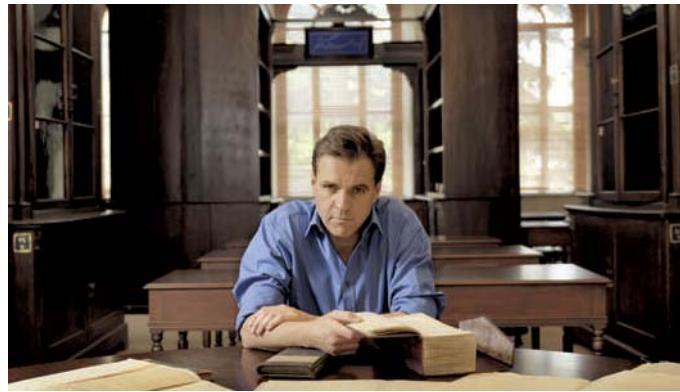
**Glee** Gearing up for a post-grad fourth season, Fox's Dana Walden says to expect "a very powerful [season] finale when viewers get to see what's on the horizon for all of these characters that people love so deeply," including those played by (from left) Lea Michele, Amber Riley and Chris Colfer.

ABC  
9:00

**Dancing With the Stars** And the ballroom blitz is over—for now. At the end of the night, one celebrity and dance-pro partner will be crowned the winners of the competition's 14th season.

BRAVO  
9:00

**The Real Housewives Of Orange County** Vicki's, right, rift with her daughter pushes her to the breaking point. Meanwhile, Tamra and Slade try to forgive each other and move on. (TRIBUNE MEDIA)



BBC WORLDWIDE LTD.

CIVILIZATION: THE WEST AND THE REST WITH NIALL FERGUSON

## Superiority Is Complex

PBS  
8:00

Historian Niall Ferguson, above, travels to 11 countries to explore the six factors he claims are responsible for the dominance of Western civilization: competition, science, modern medicine, democracy, consumerism and work ethic. Along the way, he speculates on whether the rest of the world can overtake the West by adopting these "killer apps." (TM)

## Game Shows



### Hip to Be 'Squares'

MTV's "Hip Hop Squares" (11 p.m.) reinvents "Hollywood Squares" using rappers (such as Nick Cannon, above), celebrities, comics and athletes. As on the original, the accent will be on the amusing patter among those sitting in the boxes. (UNIVERSAL UCLICK)



Finally a master's degree that  
**Focuses on Management Skills.**



### Master of Science in Management

**Flexible:** Ideal preparation for your next promotion, no matter what your field  
**Professional Tracks:** •Leadership •Federal Acquisition and Contract Management

•Professional Communication •Human Resource Management

**Accelerated:** Complete the degree in as few as 12 months

**No-nonsense Admissions:** GRE/GMAT not required

**Convenient:** Accelerated, evening, and online classes

**Open House:** Thursday, June 7, 5:30–7 p.m.

Location: Edward J. Pryzbyla University Center (Brookland-CUA Metrorail stop)  
R.s.v.p.: [Metropolitan@cua.edu](mailto:Metropolitan@cua.edu), call 202-319-5256, or visit <http://metro.cua.edu>

THE CATHOLIC UNIVERSITY OF AMERICA  
Metropolitan School of Professional Studies



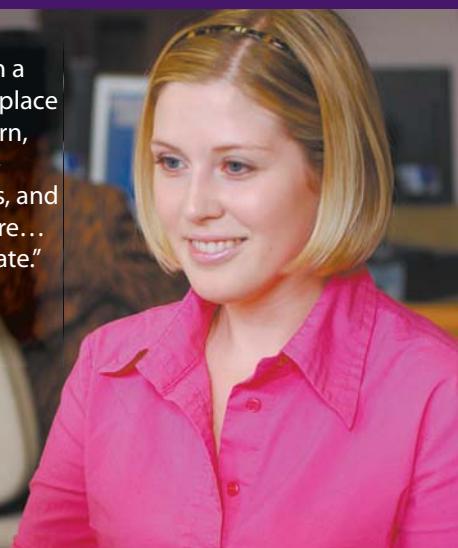
If you need accommodations for a disability, contact us at the email or phone number above.  
The Catholic University of America admits students of any race, color, national or ethnic origin, sex, age, or disability.



## Trinity

"Trinity is more than a school to me. It is a place where I come to learn, develop, form long-lasting relationships, and prepare for my future... the future that I create."

~ Meryl Scruton  
MSA, 2008



**Earn your degree in our evening & weekend programs.**

- Bachelor of Science in Nursing
- MBA
- Master of Arts in Teaching
- and other undergraduate and graduate programs.

**Enroll now for the  
summer and fall semesters!  
Apply Online and Application Fee is Waived.**

**CALL US TODAY: 202-884-9400**

**WWW.TRINITYDC.EDU**

**ADMISSIONS@TRINITYDC.EDU**

Reach over 300,000 readers daily

express  
marketplace

JOBS • RENTALS •  
HOUSES • WHEELS  
• STUFF • AND MUCH  
MORE...

To place a classified, call  
**202-334-6200**.

To advertise a job, call  
**202-334-4100**.

Credit cards accepted.



XX653 1x10.5

## JOBS

**2012 Postal Positions**  
\$13.00 - \$32.50+/hr.,  
Federal hire/full benefits  
No Experience, Call Today  
1-800-593-2664 ext. 202

**Activism SUMMER JOBS!**  
Protect Reproductive Rights

Work for Grassroots Campaigns  
Earn \$5,695 - 9,095 this summer  
Great for Students - FT/Career  
Call Morgan  
202 797 9655

DAY SPA in Georgetown hiring  
Massage Therapist.  
Call 202-360-7444.

**CARETAKER**- For elderly woman. Live-in.  
Clinton, MD. Refs req & backgrnd check.  
Call 301-785-7700

**CONSTRUCTION**  
**Custom Interior Fabricator**  
Detailed oriented craftsman accomplished in  
metal, woodworking, stone & glass. Professional  
individuals with 10 plus years experience  
in taking a project from start to finish.  
Resumes only to  
ksmallwood@emcoelevator.com

**Director, IT Solutions**  
**IMS Government Solutions**  
Falls Church, VA  
Apply on-line @ [www.imshealth.com/careers](http://www.imshealth.com/careers)  
Select available Positions - In the Americas  
Click Advanced Search, Job Opening ID 103444

**Driver - 37 Driver Trainees Needed Now!**  
No exp required. CDL Training available. Start at  
\$45K plus benefits. Call Now! 1-800-251-3946

**DRYCLEANERS**  
**MULTI-POSITIONS**  
DRY CLEANING PRESSER Must be experienced.  
Full time, company benefits.  
SEAMSTRESS/TAILOR Must be experienced,  
F/T & P/T. Company benefits, apply within.  
Presto Valet 1623 North Quaker Lane.  
Alexandria, VA 22302

**IT**  
**Computer Systems Analysts**  
BS in MIS/IT related, 5 yrs exp. on legacy mainframe  
& web-based appls. works on complex, mainframe-based  
proj. exp. in COBOL, DB2, MQ Series, IMS  
DB, IDMS, SQL SERVER, VB, JAVA, design/ develop  
complex Web Serv using SOAP & WSDL. Travel/reloc  
as reqd. Send res. to: Unity Solutions, Inc. 4 West  
Rolling Crossroads, Ste. 9, Catonsville, MD, 21228

**Modeling- Best Opportunity, No Experience.**  
All ages, sizes & kids welcome.  
Sunday May 27th, 3pm-6pm.  
Washington Marriott 775 12th st NW  
To schedule an audition call 301-805-9140  
Fashion designers also needed.

## CAREER TRAINING

**PHLEBOTOMY**  
In 10 Weeks  
**1-800-417-8954**  
CTO SCHEV

**MED BILL & CODING**  
**Trainees Needed Now**  
Medical Offices now hiring. No experience?  
Job Training & Placement Assistance Available.  
**1-866-294-0466**

**DENTAL ASSISTANT**  
**Trainees Needed Now!**  
Dental Offices now hiring. No experience? Job  
Training & Placement Assistance Available.  
**1-800-678-6350**

Thinking of changing  
your life **ONE DAY?**  
**Train to become a  
NURSE! Call now!**  
Text DAYONE to 94576  
or call  
**888-790-2444**

Sanford-Brown College  
1761 Old Meadow Rd. • McLean, VA 22102  
Sanfordbrown.edu  
Sanford-Brown College is certified by the State Council of Higher Education for Virginia to operate campuses in Virginia.

## CAREER TRAINING

**Office Support Trainees Needed!**

Train to become an  
Administrative Assistant  
at Career Technical Inst.!

**No Experience Needed!**

Hands on Training & Job  
Placement Assistance!  
*Call for more details!*

**1-888-567-7685**

**Computer Repair & Help Desk Trainees Needed!**

Train for a career in  
Computers at CTI!

**No Experience Needed!**

Hands on Training & Job  
Placement Assistance!  
Get the IT skills you need  
for the job you want!

**1-888-567-7685**

**People Helping People**

It's just one of the great things  
about **Medical Assisting**. You  
could start training for new  
**career opportunities** today!

*Call now. 888-793-0444*

**Sanford-Brown Institute** : **Sanford-Brown College**  
8401 Corporate Drive, Suite 500 : 1761 Old Meadow Road  
Landover, MD 20785 : McLean, VA 22102  
Sanford-Brown College is certified by the State Council of Higher  
Education for Virginia to operate campuses in Virginia.  
[sanfordbrown.edu](http://sanfordbrown.edu)

**Pharmacy Technology Training!**

Learn the pharmacy technician  
skills you need!

For more information call

**888-805-2333**  
**SANFORD-BROWN INSTITUTE**  
8401 Corporate Dr., Suite 500, Landover, MD 20785  
[Sanfordbrown.edu](http://sanfordbrown.edu)

Get training in  
**Diagnostic Medical Sonography!**

Externship opportunities!  
Call now for a DVD demo  
of our exclusive Ultrasound  
Simulation Tool!

**888-766-2433**

**SANFORD-BROWN INSTITUTE**

8401 Corporate Dr. Suite 500  
Landover, MD 20785  
[Sanfordbrown.edu](http://sanfordbrown.edu)

**Love Animals? Want to help make a difference  
in their lives? Start training in Veterinary  
Technology today! Classes are starting soon.**  
Text DAYONE to 94576 or call 888-792-3444  
Sanford-Brown College

1761 Old Meadow Rd. • McLean, VA 22102  
Sanford-Brown College is certified by the State Council of Higher  
Education for Virginia to operate campuses in Virginia.

[sanfordbrown.edu](http://sanfordbrown.edu)

**888-792-3444**

**PHARMACY TECH**

**Trainees Needed Now**

Pharmacies now hiring. No experience?  
Job Training & Placement Assistance Available

**1-877-240-4524**

## CAREER TRAINING

NOW ENROLLING

**MEDICAL LABORATORY TECHNOLOGY PROGRAM**

**CAREER OPPORTUNITIES:**

- Hospitals
- Physicians' offices
- Pharmaceutical and medical products companies
- Diagnostic centers
- Inpatient and outpatient clinics
- Many more exciting opportunities



Flexible schedules, career placement  
assistance for all graduates and financial  
aid available for those who qualify.

**FORTIS**  
COLLEGE

**877-809-9152**

[www.FortisCollege.edu](http://www.FortisCollege.edu)

For consumer info visit [www.Fortis.edu](http://www.Fortis.edu)  
4351 Garden City Drive • Landover, MD 20785

## OPEN HOUSE TODAY



### TECHNICAL LEARNING CENTERS

No High School Diploma? No Problem!

We are accepting students without a High School  
Diploma, now through June 15th.\*\*

\*\* Due to Federal Regulations, vocational programs can no longer  
accept students without a High School Diploma or GED past June 15th.

Act Now! Call Today! **(202) 223-3500**

**CHOOSE FROM 4 MEDICAL PROGRAMS:**

- 1) Medical Assistant 2) Medical Office Administration
- 3) Medical Phlebotomy Technician
- EKG, Phlebotomy, Triage, Electronic Health  
Records, Injections, Vitals, CPR and more!

**OFFICE ADMINISTRATION PROGRAM:**

- 1) PC Specialist MS Windows, Word, Excel, Keyboarding, Web Page Design, QuickBooks and much more!

- Transportation Reimbursement Available
- Flexible Class Schedules • Job Placement Included
- Career Counseling • Financial Aid Available
- Receive a Computer at No Cost\*



Next to Farragut  
West Metro and a  
block away from the  
Farragut North Metro.

Programs Nationally  
Accredited By



Visit our website  
for more information:  
[www.tlc-corp.com](http://www.tlc-corp.com)

1720 I St. NW • Suite 200 Washington, DC 20006

\*Minimum GPA of 3.0 and Attendance of 90% Required. Expires 12-31-2012

## CAREER TRAINING

**NURSE ASSISTANT**

Med Tech/CPR 19 Days  
**240-770-8251 OR  
240-233-1226**

**PHLEBOTOMY**  
Training workshops  
Doctor's Help **301-567-5422**

## CAREER TRAINING

## CAREER TRAINING

## CAREER TRAINING

Career Training



CALL US  
TODAY! **1.888.249.8093**  
Apply online at [www.SeeEverest.com](http://www.SeeEverest.com)

Health Care Career Training Starts Here!

**Everest**  
COLLEGE  
**Everest**  
INSTITUTE

Everest College - Tysons Corner  
8620 Westwood Center Drive • Vienna, VA 22182  
Everest Institute - Silver Spring  
8757 Georgia Ave. • Silver Spring, MD 20910

Programs and Schedules Vary by Campus • CTO SCHEV  
For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at [www-everest.edu/disclosures](http://www-everest.edu/disclosures).

OPEN HOUSE TODAY

**CHANGE YOUR FUTURE NOW!**\* \$200 TRANSPORTATION ASSISTANCE AVAILABLE MONTHLY  
NO HIGH SCHOOL DIPLOMA REQUIRED

Financial Aid Available. Job Placement Included. Receive a Computer at No Cost to you. Flexible Class Schedules.

**AVAILABLE PROGRAMS:**

- MEDICAL ASSISTANT
- MEDICAL PHLEBOTOMY TECH.
- MEDICAL OFFICE ADMIN
- PC SPECIALIST

**4 MONTH LONG PROGRAMS AVAILABLE:**  
• ELECTRONIC HEALTH RECORDS  
• PC SPECIALIST LEVEL 1

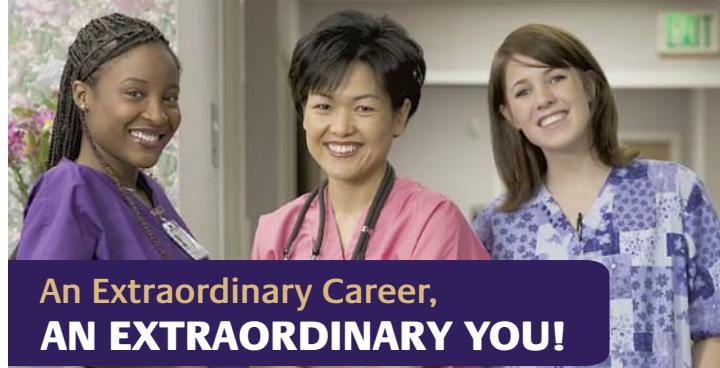
**TECHNICAL LEARNING CENTERS**

Call Now: (202) 223-3500

1720 I St. NW Suite 200, Washington, D.C. 20006

Visit our Website: [www.tlc-corp.com](http://www.tlc-corp.com)

All Programs Nationally Accredited By



**An Extraordinary Career,  
AN EXTRAORDINARY YOU!**

Radians College can prepare you to enter  
the growing field of nursing.

Make a difference in:

- Nursing homes
- Hospitals
- Urgent care facilities
- Physicians' offices

Our programs include:

- Licensed practical nursing
- Registered nursing

Call Now: 1-888-445-6223



RADIANS  
COLLEGE

1025 Vermont Avenue N.W., Suite 200  
Washington, D.C. 20005

radianscollege.edu

## CAREER TRAINING

Why be Ordinary When You Can be **extraordinary**



Falls Church (main)  
Silver Spring (branch)  
Washington, D.C. (branch)

Not all programs available at all locations.  
For useful consumer information, please visit us at [www.medtech.edu/](http://www.medtech.edu/)  
certifiedinfo. SCHEV has certified Medtech, located at 6182 Arlington Blvd., Falls Church, VA 22044 to operate in Virginia.

Call Now **1-877-691-9494**  
[aboutmedtech.com](http://aboutmedtech.com)

**WHO KNEW!**

Training in Medical Assisting is quicker than  
you think at Sanford-Brown. **CALL TODAY!**

Text DAYONE to 94576 or call  
**888-791-3444**

Sanford-Brown College is certified  
by the State Council of Higher  
Education for Virginia (SCHEV) to  
operate campuses in Virginia.  
[sanfordbrown.edu](http://sanfordbrown.edu)

**MEDICAL ASSISTANT**  
In 10 Weeks  
**1-800-460-4138**  
CTO SCHEV

**Find out what  
American Made  
means to you!**

Train for a career in:

- Medical
- Graphics/Web/Gaming
- Networking/Security

**ENROLL TODAY!**

Financial aid available  
for those who qualify

**1-888-524-9404**

[www.callacino.com](http://www.callacino.com)  
Wheaton | Baltimore | Columbia



AMERICAN  
CAREER  
INSTITUTE

[callacino.com/disclosures](http://callacino.com/disclosures)

**Are you good with details?  
Do you want to be a part  
of the healthcare industry  
without working with blood?  
Open yourself up to new  
possibilities with training in  
Medical Billing and Coding!  
Classes Starting Soon!**

Text DAYONE to 94576 or call

**888-792-3444**

**Sanford-Brown College**  
1761 Old Meadow Road • McLean, VA 22101  
[sanfordbrown.edu](http://sanfordbrown.edu)

Sanford-Brown College is certified  
by the State Council of Higher  
Education for Virginia to operate  
campuses in Virginia.

**NO HS DIPLOMA OR GED?**

We may be able to help.\*  
Programs and Schedules Vary by Campus.

**FINANCIAL AID AVAILABLE  
FOR THOSE WHO QUALIFY**

\*Some restrictions may apply

**CALL NOW FOR CAREER  
TRAINING! 1-888-249-8129**Visit us online at [www.SeeEverest.com](http://www.SeeEverest.com)

VA Schools are CTO SCHEV.  
Accredited by ACICS. For useful consumer  
information, please visit us at  
[www-everest.edu/disclosures](http://www-everest.edu/disclosures).

[expressnightout.com](http://expressnightout.com)

## CAREER TRAINING

**MEDICAL LEARNING CENTER**

DAY, EVENING &amp; WEEKEND CLASSES:

**L.P.N. | C.N.A.**  
Licensed Practical  
Nurse      Certified Nurse  
Assistant

[medicallearningcenterva.com](http://medicallearningcenterva.com)  
**703-527-0055** • Certified SCHEV • Approved VBON

**POSITIONS WANTED**

SEEKING ELDERLY CARE- Very articulate and  
empathetic about the sick, 17 years experience,  
Live in/ out position. Call 202-277-5418

**BUSINESS AND  
FINANCIAL OPPORTUNITIES**

**BAD/NEGATIVE CREDIT**  
Removed from Credit Report. Guaranteed or  
your money back. 202-775-6932

**SERVICE SOLUTIONS**

**CREDIT REPAIR SERVICES** - Money Back Guaranteed  
I can repair your credit and help you buy a home!  
[www.United-Credit.org](http://www.United-Credit.org) 202-630-5677

**STUFF**

1 Pillowtop Queen Mattress Set.  
Value \$289, Asking \$150! New in Plastic.  
Can Deliver. 301-343-8630

3Pc king pillowtopmattressset  
Value \$499, Asking \$250. New in plastic.  
Can Deliver. 301-399-7870

6PC BedroomCherrySet.  
New in boxes \$325.  
Can Deliver. 301-399-7870

DELL LATITUDE D410 Laptop  
Intel 1.8, wi-fi, XP, 1GB RAM, 40GB HDD  
\$129 703-821-1400 / 301-931-6630

SMALL COLLECTOR PAYS CASH FOR  
COINS/COLLECTIONS/GOLD.  
Will travel to you! Call Al, 301-807-3266

**PETS**

**ADOPT A CAT/KITTEN**  
Vet checked. Call Feline Foundation.  
703-920-8665 [www.ffwg.org](http://www.ffwg.org)

**DC RENTALS**

**ANACOSTIA 3 BR, 1.5 BA**, new paint,  
fresh carpet, basement, W/D, fenced backyard,  
near metro, \$1550/month 202-487-3874

**Congress Heights 1 & 2BR,**  
\$760 & \$950 + UTILS. NEW KITCHEN. QUIET.  
501 MELLON SE DC. 301-552-2989

**LOCATION LOCATION**  
DC NW - 6501 14th ST NW. 1BR \$1270  
Park/metro in front, fresh paint.  
Call 301-661-0510, 9-4

**DC SE - Congress Heights** Newly renovated  
condominium apartments for rent, 1 & 2 BR  
condos available, great building, light filled 2nd  
floor apartments, well managed, gated community  
in Congress Heights area, w/w carpeting, newly  
decorated, dining area w/ ceiling fan, W/D in unit,  
TV/ cable ready, mini blinds throughout, nr public  
transportation, community, schools, & shopping.  
1 BR's starting at \$900/m, 2 BR's starting at  
\$1,100/m Call 301-654-3903 x 833 Kathy Logan  
[halleyplacerental@aswiworks.com](http://halleyplacerental@aswiworks.com)

**Concerts, movies, events,  
restaurants and more.**



## DC RENTALS

FORESTVILLE

EHO

**Parkland Village Apts.**

**MAY MOVE-IN SPECIALS**  
\$999 and the rest of May is  
**RENT FREE**  
W/D, W-to-W carpet, CAC

*All residents must pass criminal,  
credit & rental, background.*  
**1-866-310-7466**      EHO  
\*limited time offer\* income restrictions

**NE CARVER TERRACE  
APARTMENTS**  
**3 BR  
Special**  
Second Month's Rent  
FREE

**\$0 APPLICATION FEE  
\$99 SECURITY DEPOSIT\***

**Must move in by May 31<sup>st</sup>**

• Newly Renovated Units • Ample Closet Space  
• CAC • Easy Access To Metro • Close To Shopping  
• Min. Away From H Street Corridor

**888.891.8472**

\*For qualified applicants only

1909 MARYLAND AVE., NE • WASHINGTON, DC 20002

CO-OP HOUSING

**Paradise at Parkside**  
\$650 Rent Special  
on ALL 1 Bedrooms\*\*

**0 Application Fee  
\$99 Security Deposit\***

*All Applicants will be  
entered into a drawing for  
4 Redskins tickets*

• Metro Bus Stops  
located several  
stops throughout  
the property  
• Community Center  
provides after school  
programs, summer  
programs and  
computer learning  
• Daycare on site

\*\$99 deposit is for qualified applicants only.  
Leasing office open every 1st Sat. by Appt. only.

\*\* On 1Br only. Open M-F 8:30-5:00  
Open Saturdays by appt. only.

3551 Jay St. NE • Washington, DC 20019

**202-388-0274**

NE 6006 Eads ST Spac efficiency apt, all util  
incl. \$850/month. Section 8 ok. Secure bldg. Your  
job is your credit. Near Metro. 240-688-9805

NE DC - Neal Garden Apartments, newly renovated  
1 & 2 BR apartments. Starting at \$1000 & up. 4111  
Ames St NE Suite #4. Call 202-399-3131

NE/H Place Langston/Carver - Renovated  
1 bedroom with hardwood floors, W/D, A/C  
Section 8 ok. \$900/month. 202-344-6569

NW - Brightwood/Petworth  
2 BR apt \$1400 3 BR, 2 BA House \$2500.  
301-563-6380 pi-re.com

**express nightout.com**

**express nightout.com**

**express nightout.com**

**express nightout.com**

XX1721x1.75

## DC RENTALS



855-883-7514

Starting at  
\$800\*

## DC RENTALS

N.W.

WALDEN COMMONS  
"The Charm of the City"Spacious 1-Brs  
from \$1,249  
or 1 MONTH FREE  
RENT OPTION.

Call For Details.

Move in And Enjoy  
Your Walks to Rock Creek Park

1336 Missouri Avenue, Washington DC 20011

888-379-8049  
www.walden-commons.comBANNEKER PLACE  
APARTMENTS

- Apartments Starting from \$669
- Close To Metro, Schools & Shopping
- Intercom Access To Every Building
- Great Location In A Park-Like Setting
- Laundry Facility On Property

Please Call  
for Spring  
Specials!

(866) 759-3646

Professionally Managed By CIH Properties, Inc.

## Anacostia Gardens

3600 Ely Place S.E., Wash. DC 20019  
(202) 640-4774

M-F 9-5; SAT 10-2

Spacious 1 &amp; 2 BRs

Central AC/Heat

24 hr onsite laundry facilities

Resident controlled access

1 Block from metro &amp; shopping

Across the Street from park &amp; recreation

Available for immediate occupancy

SE- 13th St. 2 min to metro/shops!  
2BR from \$825 + utilities. No Pets.  
Section 8 ok. Call 202-388-3900 ext 10SE- 154 Xenia St. SE. 2 BRs starting at \$925  
+ gas & elec. Sec bldg. pvt pkng. CAC/heat,  
on site laundry. Delwin Realty 202-561-4675

SE- 1BR apts &amp; 1BR w/ den apts.

\$750 &amp; up + elec. No Pets.

202-265-4814, 202-629-2606. Fred A. Smith Co.

SE- 2nd St., 2,3,4BR, from \$800+ util. w/w  
carpet, laund, sec 8 ok,  
no pets. Call 202-388-3900 ext 10SE- 4200 S. Capitol St. SE. Lg 3BR apt, 1.5BA, off-  
st pkng. sec bldg. laundry fac in bldg. CAC/heat.  
\$1200+elec & gas. Delwin Realty 202-561-4675S.E. DANBURY ST. - Attractive 1BR \$750.  
1st month rent free. Good Credit Required.  
Metro Bus at Corner. Call 202-563-1791

## DC RENTALS

Move in  
and get your  
first month's  
rent FREE...  
PLUS, a new  
32" TV!\*

\*Prices are subject to  
change without notice.  
Applies to select units.  
Expires April 30, 2012.

## DC RENTALS

## Garden Village

1720 Trenton Pl., SE

**1BRs from \$765****2BRs from \$865**All Credit Considered  
Call/Email to set an appt.William C. Smith & Co., Inc.  
gardenvillage@wcsmith.com

WCSMITH 1.877.238.8216



EFFICIENCY \$700

## DC RENTALS

SOUTHWEST/Metro Convenient!

OPEN HOUSE  
Every Sat. in May**2 MONTHS FREE  
ON 2 BR Apartments**

Ask about Other Specials

W/W carpet, Central Air/Heat,  
Dishwasher, Laundry facility,

EFFICIENCY \$700

1BR fr. \$775 2 BR fr. \$870

**EAGLES CROSSING**

116 Irvington Street SW,

**866-790-5360**

M-F 9-5, Sat 10-4

Housing Choice Vouchers Welcome

## MD RENTALS

COLLEGE PARK

Ask about

## ONE MONTH FREE!

Student & State/Federal  
employee discounts!

Studios from \$870

1 BRs from \$982

2 BRs from the \$1300s

## Seven Springs Village

• FREE Parking!

• FREE Utilities!

• FREE UMD Shuttle!

• Metrobus lines on-site!

(888) 425-8068

9310 Cherry Hill Rd, College Pk, MD 20740

SevenSpringsVillage.com

## Woodland Springs



FORESTVILLE

## Oakcrest Towers

Experience Life on The Avenue!

Comfort &amp; Luxury

SPACIOUS MODERN FLOORPLANS!

EFFICIENCIES from \$729!

1 BEDROOM'S from \$960!

2 BEDROOM'S from \$1161!

CONVENIENT LOCATION

LET US FIND YOU THE PERFECT HOME!

CALL NOW! (888) 831-7065

WWW.OAKCRESTTOWERS.COM

Some restrictions apply

GAITHERSBURG 1 room \$299, 1 MBR \$350.  
In house to shr. No-smkg. Close to Metro.  
Please call 301-219-1066

HYATTSVILLE

## Overlook Apartments

1 and 2 Bedrooms  
starting from the \$1000's  
**ALL UTILITIES INCLUDED**

- Income Restrictions Apply \*
- Huge Closets
- Minutes to DC and Metro
- Pet Friendly

(888) 473-1532

TheOverlookApts.com  
1507 Ray Road  
Hyattsville, MD 20782

\*call for details

Concerts, movies, events,  
restaurants and more.

## express nightout

expressnightout.com

XXI72 Ix.5

expressnightout.com

XXI72 Ix.5

expressnightout.com

XXI72 Ix.5

## DC RENTALS

## DC RENTALS

**FREE****GAS HEAT,  
GAS COOKING  
& WATER****1 BRS STARTING FROM \$725****2 BRS STARTING FROM \$825**Central A/C, Convenient to Green Line Metro,  
Onsite Laundry, Parking, Vouchers Welcome**GREENWOOD MANOR  
APARTMENTS**M-F  
8:30 - 5 PM  
S  
10 - 2 PM  
202.678.2548  
2343 Green Street SE • Wash. DC 20020  
WWW.DELWIN-REALTY.COM

South East

A Vesta Property

HURRY! LIMITED AVAILABILITY

202.640.4777

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

Professionally Managed By CIH Properties, Inc.

SE

Bring in Spring  
at

Friendship Court Apartment

Central Heat &amp; Air

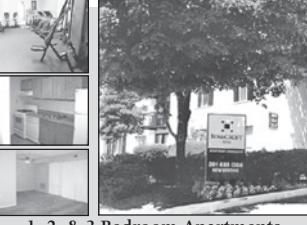
Close to Shopping &amp; Banking

No Application Fee

2 Bedrooms  
starting @ \$849

Call Today For Details!!!

202-563-6968

MD RENTALS	MD RENTALS	MD RENTALS	MD RENTALS	MD RENTALS
<b>HYATTSVILLE</b> <b>CASTLE MANOR</b> Apartments <b>1 &amp; 2 Bedroom Apts.</b> <b>\$805</b> from • Ceiling Fans • Lovely Setting • Near the New ARTS DISTRICT • Close to Shopping & Metro <i>Ask about our Move-In Special</i> <b>866.464.0993</b> <b>HYATTSVILLE</b> <b>FLEETWOOD VILLAGE APTS.</b> • FREE WATER, GAS HEATING & COOKING • FREE APPLICATION FEE (with this ad) • Right on DC and Maryland line • Close to Fort Totten & West Hyattsville Metro • Free 6 wk summer camp • Convenient to shops, schools and I-495 <b>Call Now For Our FANTASTIC SPECIALS!</b> 721 Chillum Road • Hyattsville, MD 20783 <b>866-315-8849</b>	<b>MD RENTALS</b> <b>LAUREL/COLLEGE PARK</b> - Rooms for Rent. Master BR with Full BA, \$620/month. Medium/Large BR, share BA, \$540/month. Call 202-320-2421 <b>Rosecroft Mews</b>  1, 2, & 3 Bedroom Apartments Bedrooms Starting @ \$900 <b>Amenities</b> • Beautiful Location • Washer & Dryer • Garbage Disposal • Wall-to-Wall Carpet • Refrigerator in Unit • Central A/C & Heat • Sparkling Swimming Pool! <b>Call Us!</b> <b>1(866)502-4883</b> <i>Call today to schedule an appointment tour!</i> <i>"Home is where the heart is"</i> <b>Carlyle at Harbor Pointe</b>	<b>MD RENTALS</b> <b>OXON HILL</b> <b>FREE UTILITIES</b> • Swimming Pool • Private balconies and patios • Minutes to The National Harbor • FREE March Rent (select unit) <b>Call Now For Our FANTASTIC SPECIALS!</b> <b>COLONIAL VILLAGE</b> 908 Marcy Ave. • Oxon Hill, MD 20745 <b>888-583-3047</b>	<b>MD RENTALS</b> <b>HYATTSVILLE</b> <b>FREE UTILITIES</b> • Spacious and modern apartments • Wall to wall carpet • Dishwasher • Private balconies/patios • FREE March Rent (select unit) <b>Call Now For Our FANTASTIC SPECIALS!</b> <b>FLETCHERS FIELD</b> 5249 Kenilworth Ave. • Hyattsville, MD 20781 <b>866-805-0782</b>	<b>MD RENTALS</b> <b>LANDOVER</b> <b>FREE UTILITIES</b> • Walk to Metro • Walk to Elementary School • Daycare on Premises • Mins. from Wegmans <b>GREAT LOCATION! SMART CHOICE!</b> <b>KINGS SQUARE</b> 3402 Dodge Park Rd. • Landover, MD 20785 <b>877-898-6958</b>
<b>HYATTSVILLE</b> <b>ARTS DISTRICT</b> <b>1 &amp; 2 BR apts fr. \$750</b> <b>CARFIELD COURT APARTMENTS</b> <b>Ask About Our Move-in Special</b> On residential street next to DeMatha HS Off-street parking /Ceiling Fans <b>(tenant pays electric)</b> <b>301-779-1734</b>	<b>CURRENT SPECIALS</b> 1 Bedroom - \$755 2 Bedroom - \$885 3 Bedroom - \$1060 <b>Amenities:</b> • Gated Community • Renovated Apartment Homes • Newly Renovated Pool • Metro Bus stops at entrance • Spacious closets • Individually controlled heat & AC • Plush wall-to-wall carpeting • 24-Hour emergency maintenance • 3.6 Miles from National Harbor! <b>Call Us!</b> <b>1(866)906-3677</b> <i>If You Like New...</i> <b>You will love this Two Bdrm Handicapped Accessible Apartment Home Starting at Only \$1050!*</b> <ul style="list-style-type: none"> <li>• New bathrooms</li> <li>• New energy-saving kitchen appliances</li> <li>• New windows</li> <li>• New wall-to-wall carpeting</li> <li>• Full size washer/dryer</li> <li>• Large closets</li> <li>• Handicap accessible</li> </ul> <i>Call to schedule an appointment today to view your new home!</i> <b>888-470-0287</b> <b>Halpine Hamlet Apartments</b> 5501 Halpine Place, #101 • Rockville, MD <i>*Rental rates vary. Call for details.</i>	<b>LANDOVER</b> <b>GATED COMMUNITY</b> • Free gas and water • State-of-the-art fitness center • Licensed Daycare on Premises • Right by the new Wegmans <b>Call Now For Our FANTASTIC SPECIALS!</b> <b>MAPLE RIDGE</b> 2252 Brightseat Road • Landover, MD 20785 <b>888-583-3045</b>	<b>RIVERDALE</b> <b>GATED COMMUNITY</b> • Fitness center on property • Beautiful kitchens • Washer/Dryer • Outdoor & Indoor Pools <b>Call Now For Our FANTASTIC SPECIALS!</b> <b>PARKVIEW GARDENS</b> 6400 Riverdale Road • Riverdale, MD 20737 parkviewgardensapartments.com <b>888-251-1872</b>	<b>RIVERDALE</b> <b>1, 2 &amp; 3 BR APTS. HUGE 2 BR TOWNHOMES</b> • Roomy, modern apts. • Private balconies/patios • Cathedral ceiling <b>Call Now For Our FANTASTIC SPECIALS!</b> <b>RIVERDALE VILLAGE</b> 5409 Riverdale Road • Riverdale, MD 20737 <b>800-767-2189</b>
<b>Free 6-Week Summer Camp.</b> Come Visit Us: Mon. thru Fri. 8 am - 5 pm • Sat. 10 am to 4 pm • Sun. 12 pm - 4 pm				
<b>MD RENTALS</b> <b>HALPINE HAMLET</b> <b>APARTMENTS</b> <b>NEW IS BETTER!</b> <i>One-Bedrooms Now Available!</i> Starting at <b>\$900!*</b> <ul style="list-style-type: none"> <li>• New Bathrooms</li> <li>• New Kitchen Appliances</li> <li>• New Energy-Efficient Windows</li> <li>• New Wall-to-Wall Carpeting</li> <li>• Large Closets</li> <li>• Laundry Facilities</li> </ul> <i>Call now to take a tour of this beautiful apartment home!</i> <b>888-473-4718</b> 5501 Halpine Place, #101 Rockville, MD <small>*Rental rates vary. Call for details.</small>	<b>MD RENTALS</b> <b>Silver Spring's Best Kept Secret!</b> <b>*1 MONTH FREE</b> <b>Brand New 2BRs from \$1497!</b> <ul style="list-style-type: none"> <li>• Brand New Kitchens and baths</li> <li>• Pool and Business Center</li> <li>• Minutes to Silver Spring/Bethesda Metro</li> <li>• Bus stop at community entrance</li> </ul> <b>PADDINGTON SQUARE</b> <b>240-752-6947</b> 8800 Lanier Dr., Silver Spring, MD 20910 <small>*Limited time offer. Minimum and max income restrictions apply. Call for more info.</small>	<b>MD RENTALS</b> <b>Forest Village Apt.</b>  1, 2, & 3 Bedroom Apartments Starting @ \$860! <b>Amenities</b> • Beautiful Location • Central A/C & Heat • Metro Bus Stop @ the door • Playground Area • Garbage Disposal • Ceiling Fans (select units) • Wall-to-Wall Carpet <b>Washer &amp; Dryer Inside Unit!</b> <b>Call Us!</b> <b>1(888) 443-6408</b>		
<b>Great dates start here.</b>	<b>Activate your lifestyle</b> <b>METRO 710</b> <b>Studios from \$1300s</b> Huge closets, balcony, granite counter and all utilities included! Walk to Metro, Shopping and Dining <b>CALL TODAY! (888) 702-1254</b> <b>METRO 710</b> 710 Roeder Rd., Silver Spring, MD 20910	<b>Silver Spring</b> <b>Ashford at Woodlake</b> <b>1 BRs from \$999</b> <b>2 BRs from \$1196</b> <b>3 BRs from \$1538</b> <ul style="list-style-type: none"> <li>• Fabulous Location • Full size washer/dryer</li> <li>• Eat-in kitchen • Great closet space</li> <li>• 24-Hour Fitness Center</li> <li>• Beautiful Renovated Clubhouse</li> <li>• Large Pets Welcome</li> </ul> <b>Min. Qualifying Income:</b> 1-BR/\$47,560 • 2-BR/\$56,826 3-BR/\$64,224 <b>877-678-8539</b> <b>THE DONALDSON GROUP</b> <small>EQUAL HOUSING OPPORTUNITY</small>	SUITLAND, MD - Share SFH. Fully furnished room with refrigerator, microwave, CATV, wireless net. \$150/week. Call 301-775-0019 TEMPLE HILLS - 2 units avail, 2 BR, 1 BA, newly renovated, W/D, \$1,200/m section 8 ok. Call 240-353-8931 or 202-409-4878	
<b>Concerts, movies, events, restaurants and more.</b> <b>express nightout</b> expressnightout.com	<b>express nightout</b> expressnightout.com	<b>express nightout.com</b>	<b>Concerts, movies, events, restaurants and more.</b> <b>express nightout</b> expressnightout.com	

## MD RENTALS

## Marlow Plaza Apt.

1, 2, & 3 Bedroom Apartments  
Bedrooms Starting @ \$935Apply, be approved and move-in  
by May 15th and get \$200 off.  
Receive \$50 off your rent for a  
1 Bedroom (12 month lease only).Call today for a tour of your new home!  
Call Us! 1(888) 803-3184

## Shadyside Gardens

1BR \$985\*, 2BR \$1140\*,  
3BR \$1300\*\* \$100 Off Every Month's Rent Must Move In By 5/31  
Ask About Our No Security Deposit  
Amenities• Large Walk-In Closets • Sparkling Swimming  
Pool & Playground  
• Washer & Dryer in  
every apartment home  
• Wall-to-Wall Carpet  
• Private patio or  
balcony

2 Blocks from Metro!

Call Us!

1(877) 237-4868

Call today for a tour in our  
Apartment Model!Great dates  
start here.Concerts, movies,  
events, restaurants  
and more.express  
nightout  
expressnightout.com

XXI72 1x4

## MD RENTALS

SILVER SPR/Forest Glen Metro-  
Forest Glen  
Apartments  
301-593-0485Ask About Our  
**Move In Special**  
One & Two BR fr. \$925Close to the Forest Glen Metro  
Off-Str. Prkng/Controlled Access  
Ceiling Fans

UTILITIES INCLUDED

Suitland  
**Andrew's Ridge****2 BRs from \$1170**

- Classic & Renovated apartments available
- Spacious bedrooms
- Ample closet space
- Exciting community renovations underway!

**301-850-0045**5601 Regency Park Court • Suitland, MD 20746  
[www.rejuvenateurlifestyle.com](http://www.rejuvenateurlifestyle.com)THE DONALDSON  
GROUPSUITLAND  
**PARKWAY TERRACE**  
**1 BRs fr \$860**  
**2 BRs fr \$968**  
\$25 Application Fee

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tables & grill

Maximum income limits apply  
**877-608-6548**3415 Parkway Terr. Dr. Suitland, Md.  
Mon-Fri. 9am-6pm. Sat. 10am-4pmTAK PK—New Hamp. Ave.  
**A GREAT LOCATION!!**  
on busline to Takoma Metro**HILLWOOD MANOR**  
202-499-2082**1-BRs fr. \$840**  
**ALL UTILITIES INCLUDED**  
(a/c extra)SPACIOUS FLOORPLANS W/ CEILING FANS  
LOVELY PARK-LIKE SETTING!  
OFF STREET PARKING/HARDWOOD FLOORS**PARKWAY**Free Utilities  
2 Bedrooms from \$995\*  
BIG floorplans  
2 HUGE walk-in closets  
Close to Metro  
Bus Stop at entrance  
**888.691.2507**\*Min. & Max Income  
Restrictions. Call for DetailsEQUITY  
MANAGEMENT  
TEMPLE HILLS EHO

## MD RENTALS

TEMPLE HILLS  
**HEATHER HILLS**  
Apartments1-Bedrooms from \$961  
2-Bedrooms from \$1240  
3-Bedrooms from \$1444

- Spacious floor plans • Washer/dryer\*\*
- Amazing closet space • Fireplaces\*\*
- Controlled Access • Activity Center

\*\*in select apt.

**301.637.6153**[www.transformurlifestyle.com](http://www.transformurlifestyle.com)  
THE DONALDSON  
GROUP

Transform your lifestyle

SOUTH POINTE  
APARTMENT HOMES

## FANTASTIC 2012 SPECIALS!

Walk to Southern Avenue Metro  
All Utilities Included1 Bedrooms From \$830  
2 Bedrooms From \$940

Bring in this coupon and we'll waive your approved application fee!

2603 Southern Ave. #B1  
Temple Hills, MD 20748  
**866-708-7251**\*Restrictions apply, please see  
Leasing Consultant for more info.

## VA RENTALS

**EOS - 21**  
APARTMENTS**1 Bedroom from \$1195****FREE Metro Shuttle**  
**Endless Amenities****OPEN HOUSE****This Weekend****Washer/Dryer****Near BRAC,****Metro &****Retail****EOS21Apts.com****140 S. Van Dorn St., Alexandria, VA****ROOMMATES**ARL/COURTHOUSE/BALLSTON- Avail. now.  
Furn. rm. \$950. Int./code Short term neg or Long  
Term. Please call 703-522-0722BLADENBURG- furn apt to shr, 1 rm avail. \$435.  
Nr pub facilities (grocery store, hosp.).  
\$250 dep. 301-209-0304CHANTILLY- Furn. Room in Pleasant  
Valley/Chantilly, shr. Kit. \$500 util included.  
Near 250/28. **703-953-3010**DC/NE- \$600. Furn room, Prof. F.  
Shr Ba & kit. No Smoking. CAC. Near Metro.  
Utils incl. 202-241-0715DEANWOOD- \$130 Weekly, 5 BR, 2 BA, Non  
Smoker, Single, M/F, NE, near Deanwood Metro,  
Washington, DC. Call 202-256-7308NEAR METRO  
FORT WASHINGTON- Lrg house to share.  
Free cable. Close to Metro. W/D.  
\$150/week. Call 240-882-8973GAITHERSBURG Walk to bus/ mall/ school/ &  
Metro. W/D \$525 Utils incld. Direct TV & WiFi opt. 240-821-3039GREENBELT, MD- No-smoking.  
M or F to shr lg clean quiet hse, no pets.  
\$500 + 4/4 utils. Avail June 1st. **301-345-3475**LANDOVER, MD- Furn BR \$175/wk incl all utils.  
No sec. dep. No Credit check.  
**301-516-1243 or 240-550-7285**LANHAM 2 Single rooms  
\$600 per month includes utilities.  
Call 301-775-7324LARGO, MD. Share a 2 bdrm apt., private bath,  
W/D in apt. utils. included. \$400 dep. \$800/mo. Dry,  
clean & non smoking apt. **240-688-1374**LUXURY  
ROCKVILLE- 1 BR in 2 BR, 2 BA luxury condo, pool  
gym, nxt to White Flint metro, \$1,175/m includes  
utils and parking. avail now. Call 703-300-1163SIL SPG-5 Star N/S, safe, excl delux, furn suite, shr  
kit, W/D, priv ba/priv ent., Cbl/int., nr trans/ shps,  
prk. \$630 every 3wks. Util incl. Omar 240-286-5451UPPER MARLBORO, MD- Furn BR w/shr BA \$600.  
Unfurn MBR w/pvt BA \$750.  
TH. shr kit. NP. Catv ready. **240-893-1473**

## CONDOS FOR SALE

GREENBELT - 2 BR, space galore. Shows well!!!  
Arlene McMillan 202-399-9000 ext 108  
Ivan Brown Realty

## HOUSES FOR SALE

Bethesda **\$1350000**FIRST PRESENTATION  
OPEN 1-4, STUNNING 2005 6 BR, 5 BA, 2 CAR  
ATT GAR COLONIAL. AMERICAN REALTY SERVICES  
LLC 202-276-2254. DIR. FROM 495 S ON OLD  
GEORGETOWN RD TO R ON JOHNSON TO 5813.Bethesda **\$1350000**FIRST PRESENTATION  
OPEN 1-4, STUNNING 2005 6 BR, 5 BA, 2 Car Att  
gar Colonial. 5813 JOHNSON AVE, BETHESDA,  
MD. AMERICAN REALTY SERVICES LLC 202-276-  
2254.Great Falls **\$878,000**The Best 1 Acre Lot in GFalls, VA  
10402 Polo Club Ct. BEAUTIFUL, SERENE, MAGI-  
CAL ONE ACRE AMONG MULTI-MILLION DOLLAR  
HOMES. PRIVATE, YET IN A COMMUNITY SETTING.  
READY TO BUILD YOUR DREAM HOME. Call owner  
at 301.404.7289

express nightout.com

express nightout.com

express nightout.com

## CARS

BMW 2006 325 — i, \$18,500, 4dr AT, excellent  
cond, 44k mi, prem pkg, sport pkg, cold weather  
pkg, one owner, garaged, 301-442-5353.BMW 2006 330 — i, \$17760 obo, Excellent  
cond, 79k mi, Black int, Gray ext, 4 dr, Htd Seats,  
Lthr int, Flat Run tires, 240-888-5417CADILLAC 2000 DEVILLE - Sunroof, fully loaded,  
112,000 miles, gray/gray, good condition.  
\$3500/OBO.Chevrolet 1979 Corvette — Coupe, \$13k obo,  
Exclnt cond, 99k mi, White lthr int, Blue ext,  
smoke/solid T-tops, Sony SAT/CD sound system,  
new tires, all rcpts, 949-540-0741JUNK VEHICLES REMOVED FREE  
CASH PAY FOR ALL  
202-714-9835LOOKING TO FINANCE A CAR WITH CHAL-  
LENGED CREDIT (Bad Credit, Bankruptcy  
Repos, etc.)? Samuel for info: 540-408-3091WE PAY UP TO \$400  
FOR JUNK CARS  
Call 240-704-2192\$\$\$ WILL BUY HONDA ACCORD OR HONDA  
CIVIC \$\$\$ 1994-2006, any condition.  
\$600 and up. Call 301-467-0426Park your  
browser here.Concerts, movies,  
events, restaurants  
and more.express  
nightout  
expressnightout.com

XXI72 1x3

Concerts, movies,  
events, restaurants  
and more.express  
nightout  
expressnightout.com

XXI72 1x1

Park your  
browser here.Concerts, movies, events,  
restaurants and more.express  
nightout  
expressnightout.com

XXI72 1x2

express nightout.com

XXI72 1x4

express nightout.com

XXI72 1x5

# lookout online



Blog Log



“Miley Cyrus didn’t get the memo that pants (and bras) are a good idea at awards shows.”

—@TEEN didn’t like the singer’s revealing red carpet outfit at the 2012 Billboard Music Awards Sunday.

“The Barbadian singer is wet for much of ‘Battleship,’ her Navy uniform is uncommonly flattering, and the majority of her dialogue is composed of exclamations. It’s a veritable master class in one-line utterances.”

—SARAH LAWSON AT VULTURE.COM analyzes Rihanna’s performance in “Battleship,” in which none of her lines exceeded 40 words.

“The most striking thing about the new ‘Skyfall’ trailer is the beauty. Yes, there’s the beast. The brawn. ... But the trailer shows off some truly gorgeous shots without giving them all away. That’s what happens when you hire Sam Mendes to direct and Roger Deakins to director photography.”

—COLE ABIAU AT FILM SCHOOL REJECTS.COM is looking forward to the latest in the James Bond series starring Daniel Craig, the official trailer for which was released Monday.

“Is this kind of extreme? Well, maybe. But would an old fashioned spanking really discourage the kid from being a total moron online? Probably not!”

—KYLE WAGNER AT GIZMODO.COM reacts to the story of a mother who forced her daughter to post a picture on Facebook holding a sign reading “Since I want to post a photo of me holding liquor, I am obviously not ready for social media and will be taking a hiatus until I learn what I should and should not post.” The mother said that her daughter preferred getting a spanking.

“Of course, it wouldn’t be Nike without a star-studded cast — including Wesley Sneijder, Mesut Özil and Danny Welbeck, among many others — even LeBron gets in on the action. ... You know it’s a good ad when even Cristiano Ronaldo comes across as likeable.”

—THECHEAPSEATS.COM thought Nike’s new commercial, released Thursday ahead of the Euro 2012 soccer tournament and featuring various UEFA soccer stars and LeBron James, was effective.

## express → automobile dealers



LUSTINE DODGE  
WOODBRIDGE, VA  
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM

1-800-879-4701

SHEEHY HONDA  
ALEXANDRIA, VA  
7434 RICHMOND HWY

703-660-0100  
WWW.SHEEHYHONDA.COM

LEXUS OF SILVER SPRING  
SILVER SPRING, MD  
1-800-266-4874  
2505 PROSPERITY TER. LEXUSOFSILVERSPrING.COM

DARCARS NISSAN  
ROCKVILLE, MD  
15911 INDIANOLA DRIVE

301-309-2200  
WWW.DARCARS.COM

355 TOYOTA  
ROCKVILLE, MD  
15625 FREDERICK ROAD

301-309-3917  
WWW.DARCARS.COM

KOONS TYSONS TOYOTA  
VIENNA, VA  
8610 LEESBURG PIKE

1-888-505-1137  
WWW.KOONS.COM

nine simple numbers

you learned by age 3

play  
su | do | ku

express

A Publication of the The Washington Post

# puzzles lookout

## Horoscope

**GEMINI** (May 21-June 20) You have a unique way of getting others to come over to your side of an issue. It's time to put it to good use in a way that is new to you.

**CANCER** (June 21-July 22) You're going to want to give a friend some assistance today, as you have more experience with a certain situation than he or she does.

**LEO** (July 23-Aug. 22) You may want to take a break from the usual thing today in order to explore an opportunity you've only recently been introduced to.

**VIRGO** (Aug. 23-Sept. 22) You're taking things much too seriously for your own good, and today you'll have a chance to adopt a brighter point of view.

**LIBRA** (Sept. 23-Oct. 22) You may feel as though people are ganging up on you, but all they are really trying to do is move you in the right direction.

**SCORPIO** (Oct. 23-Nov. 21) You may think that you and a loved one have had a fight, but you're misinterpreting what is really a valuable difference of opinion.

**SAGITTARIUS** (Nov. 22-Dec. 21) A new approach may not sit well with others today, but you can arrange things so that everyone gets what is desired.

**CAPRICORN** (Dec. 22-Jan. 19) What begins in a small way early in the day may turn into a full-scale production before nightfall. You may need to solicit some help.

**AQUARIUS** (Jan. 20-Feb. 18) You may have to work hard to understand just what someone in charge is trying to do. Are you really being undermined, or is it an illusion?

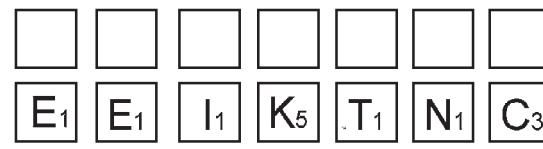
**PISCES** (Feb. 19-March 20) It's a question of accessibility — do you think that others will understand your methods and motives at this time?

**ARIES** (March 21-April 19) Your attitude is likely to be shaped by a surprise event or two that have you doing a few things that don't quite come naturally.

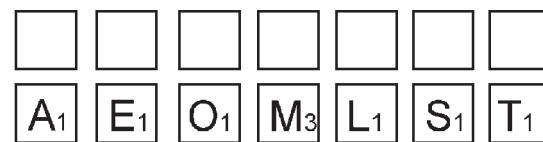
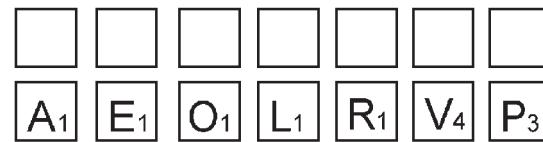
**TAURUS** (April 20-May 20) You can do much to assist an old friend, though you may never speak in person. Share ideas openly, and don't expect perfection at the start.

## Scrabble Grams

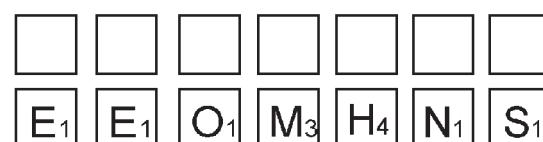
PAR SCORE 145-155, BEST SCORE 222



Triple Word Score



3rd Letter Double



## Yesterday's Solution

H <sub>4</sub>	E <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	I <sub>1</sub>	E <sub>1</sub>		RACK 1 = 17
L <sub>1</sub>	E <sub>1</sub>	C <sub>3</sub>	T <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	N <sub>1</sub>	RACK 2 = 59
R <sub>1</sub>	E <sub>1</sub>	M <sub>3</sub>	O <sub>1</sub>	V <sub>4</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 3 = 74
C <sub>3</sub>	O <sub>1</sub>	M <sub>3</sub>	M <sub>3</sub>	O <sub>1</sub>	D <sub>2</sub>	E <sub>1</sub>	RACK 4 = 64
							PAR SCORE 150-160
							TOTAL 214

## FOUR RACK TOTAL

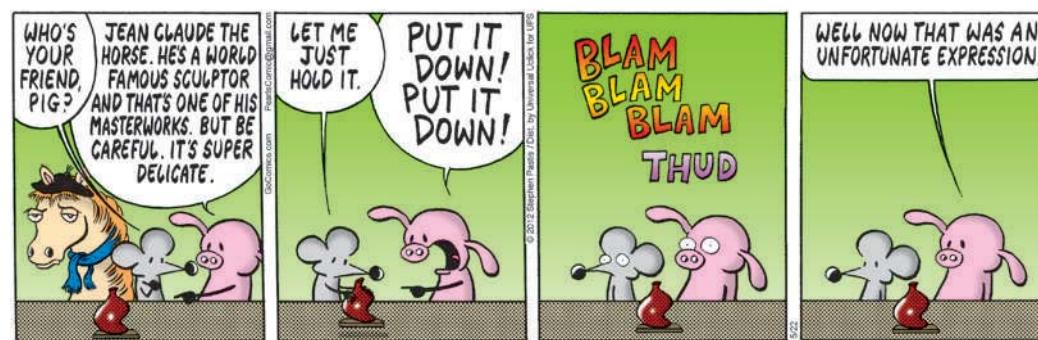
Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Comics

### POOCH CAFE | PAUL GILLIGAN

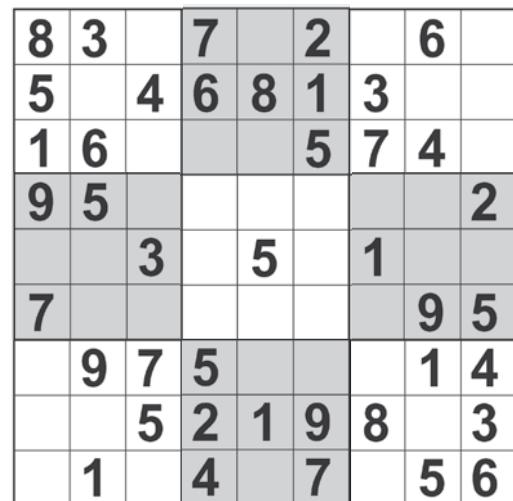


### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Sudoku

MEDIUM



## Yesterday's Solution



**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

## Forecast



**Today:** Warmer today with a thunderstorm. A shower or thunderstorm tonight.



**Tomorrow:** A couple of showers and a thunderstorm tomorrow and tomorrow night.



## Looking Ahead



Sun and Moon	Almanac
Sunrise today: 5:50 a.m.	Normal high: 77
Sunset today: 8:20 p.m.	Record high: 95
Moonrise today: 6:59 a.m.	Normal low: 58
Moonset today: 9:57 p.m.	Record low: 41



## VOLUNTEER FOR MALARIA RESEARCH STUDIES

**In 2010, there were an estimated 216 million cases of malaria worldwide. Currently, there is no effective malaria vaccine.**

Healthy adults 18 to 45 years old are needed to participate in a malaria vaccine research study.

This study tests if an experimental vaccine is safe and can prevent infection following exposure to the malaria parasite. If the vaccine does not prevent infection and volunteers develop malaria symptoms, they will receive immediate treatment which is curative.

Study volunteers will be compensated for their participation, estimated to last between 12 and 52 weeks.

To volunteer, call 1-866-833-LIFE (toll-free) or TTY 1-866-411-1010, email vaccines@nih.gov, or visit [www.vrc.nih.gov](http://www.vrc.nih.gov).



## The Capitol Deal

### Today's Deal



cap deals



### Synetic Theater Presents *Home of the Soldier* \$25 for Weekday, Weekend & Matinee Tickets (Up to \$55 Value!)

A powerful story of honor, courage and love, journey through the landscape of modern war with *Home of the Soldier*, making its World Premiere at the acclaimed Synetic Theater.

Arlington, VA

This special deal only available for purchase until 11:59pm, 5/24/12. All Capitol Deals must be purchased at [thecapitoldeal.com](http://thecapitoldeal.com)

X074-a 2x5

Get local deals e-mailed to you, for FREE.  
[thecapitoldeal.com](http://thecapitoldeal.com)

Delivered to you by: **The Washington Post**

**WeekendPass makes the weekend top-rated.**  
Every Thursday in Express.

X1739-2x5

## lookout puzzles

### HAIRSTYLES?

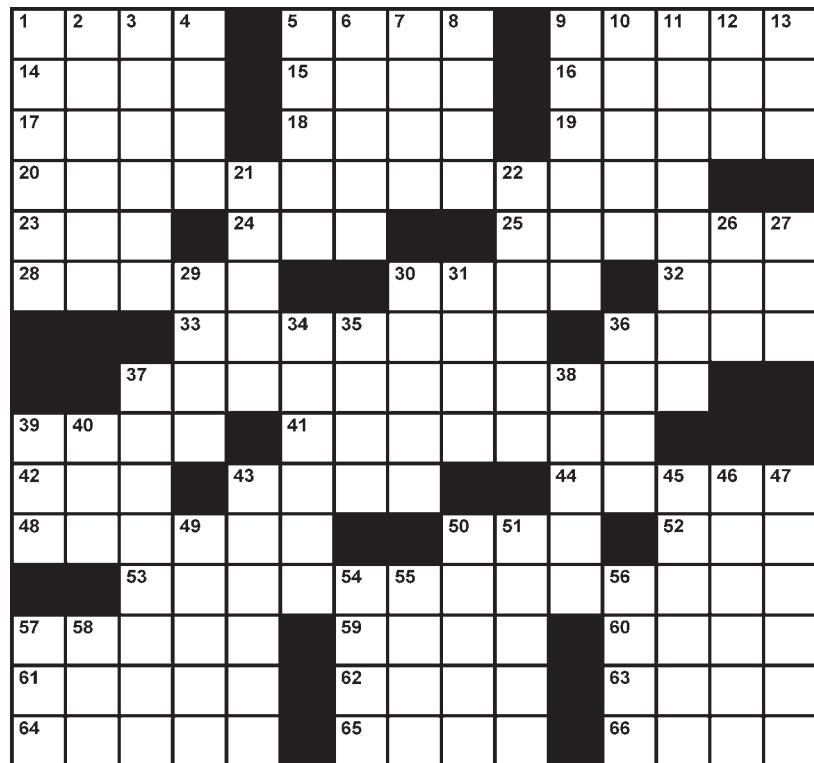
### Crossword

#### ACROSS

1 Neuter  
5 Doctrines, informally  
9 Dove houses  
14 Missing a deadline  
15 Actor LaBeouf  
16 Tickle one's fancy  
17 Buzzing with excitement  
18 Strain, as flour  
19 "Ho ho ho" crier  
20 Patient endurance of pain or unhappiness  
23 Plaintiff for "Billie Joe"  
24 Animal friend  
25 Exile like Napoleon  
28 Kenya tribesman  
30 Golden Fleece ship  
32 "Shop \_\_\_ you drop"  
33 Policeman's vehicle  
36 "... not always what they \_\_\_"  
37 Speaking in a curt manner  
39 "Fifteen Miles on the \_\_\_ Canal"  
41 It's found in combs  
42 Homo sapiens  
43 Playbill listing  
44 Winona of Hollywood  
48 In \_\_\_ (together)  
50 Pirate's potable  
52 Historic period  
53 Morally righteous individual  
57 Fellow with a pitchfork  
59 Pirate's take  
60 Assistance provider  
61 "Halt! Who goes \_\_\_?"  
62 Prospector's bonanza  
63 "Beware the \_\_\_ of March"  
64 More quick to the helm  
65 Train for a title boxing match  
66 "\_\_\_ we forget!"

#### DOWN

1 Downhill skiing style  
2 Buddhist shrine  
3 Makes amends



EDITED BY TIMOTHY E. PARKER

4 Safe-cracking crook  
5 Debatable topic  
6 Stint at the factory  
7 Make angry  
8 Glut  
9 Atlantic City attraction  
10 A Middle Easterner  
11 Lightbulb filament metal  
12 "Warm" or "cold" ending  
13 Mermaid's home  
21 Agnew under Nixon  
22 What mown lawns do  
26 Be untruthful  
27 Scary Hollywood street  
29 Feel a dull pain  
30 Opposite of liability  
31 Fabrics

34 Champaign's neighbor  
35 Suffix meaning "residents" or "followers"  
36 "I'm Too \_\_\_" (hit by Right Said Fred)  
37 Ominous  
38 Destiny, in Buddhism  
39 Aussie farm bird  
40 Was the head of  
43 Where Hollywood meets Vine  
45 Ridicule  
46 Eats away  
47 Most inexperienced  
49 Apt rhyme for "glare"  
50 Mary's best friend, on TV  
51 "That's \_\_\_ nonsense!"

54 Woes, as of the world  
55 Sticky gunk  
56 Pool table border  
57 It's fit for a pig  
58 It's "eureka!" either way

### Yesterday's Solution



### Today in History

**1761** The first U.S. life insurance policy, with a premium of six pounds per year, is issued.

**1947** The Truman Doctrine is enacted as Congress appropriated aid for Greece and Turkey.

**1960** An earthquake of magnitude 9.5, the strongest on record, strikes southern Chile, claiming about 1,655 lives.

**express**



Published by Express Publications LLC  
1150 15th St. NW, Washington, DC 20071  
A Subsidiary of The Washington Post Co.

Editorial: 202-334-6800

Fax: 202-334-9777

Circulation: 202-334-6992

Advertising: 202-334-6732

or ads@readexpress.com

Classifieds: 202-334-6200

GENERAL MANAGER—ARNIE APPLEBAUM | EXECUTIVE EDITOR—DAN CACCAVARO  
CREATIVE DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—HOLLY J. MORRIS, MATT SWENSON | ART DIRECTOR—LORI KELLEY | FEATURES EDITOR—JENNIFER BARGER | SENIOR EDITORS—KATIE ABERBACH, VICKY HALLETT, SHAUNA MILLER, KRISTEN PAGE-KIRBY | SECTION EDITORS—RUDI GREENBERG, BETH MARLOWE, MORGAN SCHNEIDER, SARA SCHWARTZ, HOLLEY SIMMONS, CLINTON YATES, FIONA ZUBLIN | EDITORIAL DESIGNERS—ADAM GRIFFITHS, ERNIE SMITH | COPY EDITOR—ADAM SAPIRO | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY

Founding Publisher — Christopher Ma, 1950-2011

# people lookout



## SPLITS

## Perry to Write Tortured Song About Brief Rebound

Katy Perry and Florence + the Machine guitarist Robert Ackroyd are no longer an item, Usmagazine.com reported. They had dated for about a month. "It wasn't that serious," said an unnamed source. "Katy told him to do his thing and they'll talk soon." Another anonymous source weighed in: "No hard feelings. She's really busy and so is he." (EXPRESS)

## TRIBUTES

## Bobbi Secretly Tired of That Song

Bobbi Kristina Brown, daughter of Whitney Houston and Bobby Brown, made her first major public appearance since Houston's death Sunday at the Billboard Music Awards. She accepted the Millennium Award on her mother's behalf, following tributes by John Legend and Jordan Sparks; the latter sang "I Will Always Love You." Brown said she was "blessed to have been in such an incredible woman's life." (EXPRESS)



## CONFLICT

## Does This Make Him More or Less of a Jerk?

Chace Crawford took "What to Expect When You're Expecting" co-star Anna Kendrick to an Atlanta strip club, the Clermont Lounge, during shooting and got her an unforgettable birthday gift, Usmagazine.com reported. "They have, like, 60-year-old women who are strippers. And that's awesome." Crawford ordered the lap dance from one, and Kendrick, not wanting to hurt the woman's feelings, accepted. (EXPRESS)



Run! Kate is blowing desperation dust and it's headed right for you!

## DEMANDS

## 'Pay Us to Have Fun'

Kate Gosselin told "Today" Monday that her eight children want to star in another reality show. Gosselin says that, since "Kate Plus Eight" went off the air last year, she's run her first marathon, experimented with recipes and blogged for Coupon Cabin. Her children are "excelling at school across the board," but "they really honestly miss filming. They've been saying, 'When are we going to go here or there? We miss the crew.'" (EXPRESS)

JASON MERRITT/GETTY IMAGES

## Victims



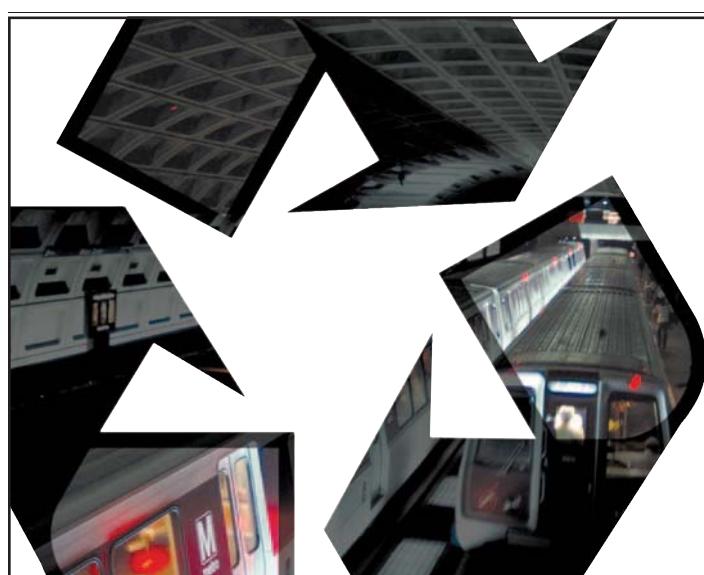
## Man Has Healthy Response to Fame

The New York Daily News tracked down the second masseur to sue John Travolta for sexual harassment. John Truesdale, an Atlanta spa worker, withdrew the suit last week. "The paparazzi are here for me?" he laughed. "I can't believe it!" (EXPRESS)

**"Really skinny actresses make me hungry. I see them and think, 'Honey, you need to eat! I'm lucky I don't have to live like that.'"**



— COUNTRY STAR  
**MIRANDA LAMBERT**  
TOLD JUNE'S SELF MAGAZINE THAT SHE'S HAPPIEST AS A TONED SIZE 8.



We're on this ride together.

Let's keep it clean.

Please recycle this paper.





PRESENTED BY:  
**GEICO**



**COME VOTE FOR  
WASHINGTON'S NEXT  
GREAT FEDERAL  
COMIC**

**\$12** in advance **\$15** at door

**3<sup>RD</sup>  
ROUND  
TOMORROW:**

**MAY 23<sup>RD</sup>**  
State Theater - Falls Church, VA  
7:00 P.M. – 8:20 P.M.

**Buy tickets now at [FunniestFed.com](http://FunniestFed.com)**

**FREE shuttle** to the show from the East Falls Church Metro.